



CIOR Military Competitions
6th Commision CIOR

[illegible]



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REGULATIONS

A. GENERAL REGULATIONS

1. PURPOSE

- a. The military competitions are organised in a spirit of sportsmanship and the promotion of a better understanding between the officers of the countries of the Atlantic Alliance. The reserve officers participating in the various events of the military competition have the opportunity to demonstrate their abilities, individually and as a team, in the military field.
- b. As no regulations can completely cover all situations, the absence of a restriction does not necessarily mean an authorisation.
- c. The competitors must be armed, dressed and equipped according to military standards, except in the following contests: Obstacle Course and Utility Swimming.

2. REGULATIONS

- a. The designated CIOR Military Competition Regulations are to be considered as the permanent general regulations.
- b. Any necessary or proposed special regulations pertaining to a forthcoming competition must be submitted to the 6th Commission (Military Competition) for their consideration. The Chairman of this commission submits the report to the Executive Committee during the January/February meeting with the commission's recommendations for approval. Following this, the organising country sends 3 copies of those special regulations, which have been accepted to the member countries.
- c. The Director of Competition and his Controlling officers are the only authorised persons to distribute information about events, especially concerning the Military Orientation March.

3. LANGUAGES, INTERPRETATION

- a. The official languages are English and French.
- b. An English or French speaking liaison or preferably an officer speaking the nation's language, should be attached to each delegation.

4. COMPETITORS

- a. Reserve officers only, of active or inactive status, are allowed to take part in these competitions.
- b. An official letter certifying that all members of the teams are reserve officers must be presented to the organising Committee by each participating country on the day of registration.
- c. Each member of a team must have an identification card (with a photo and signature) available at each event.
- d. Teams will be listed in five classifications :
 - novices teams (1st year of competition);
 - experienced teams (2nd, 3rd and 4th year of competition);
 - veterans teams (5th year of competition or more);
 - international teams;
 - female, where all three team members are female.
 - Teams will be mixed on the starting list. Countries are obligated to send to the international teams those competitors, who for various reasons do not participate in national team. Participation in an International team does not count as a years participation for classification. International female teams will compete in the female category.
- e. It is hoped that no country will assemble its competitors in a training camp for more than 3 weeks.

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5. TEAMS

- a. Each country is allowed a maximum of 6 male or mixed teams, each consisting of 3 members, and a limited number of substitutes as follows :
 - 1 substitute for 1-2 teams;
 - 2 substitutes for 3-4 teams;
 - 3 substitutes for 5-6 teams.
- b. In addition, each country is allowed a maximum of 2 female teams, each consisting of 3 female members, and may also bring 1 female substitute.
- c. Regardless of the number of teams, each country may have :
 - 1 Chief of Delegation
 - 1 Team Captain
 - 2 Coaches
 - 4 Total

6. DELEGATIONS

Accommodation will be provided for the delegations as per above list only.

7. TRAINING (DEMONSTRATION AND PRACTICE)

The organising country shall:

- a. Arrange demonstrations and practice in shooting, obstacle course, utility swimming and the orientation march.
- b. Prepare and execute the events according to the regulations and under the actual conditions in which the contests will be executed (e.g. in shooting the time of practice is to be approximately the same time as for the actual event, etc.).
- c. Assure that each country be allotted the necessary time for practice at the discretion of their Chief of Delegation.
- d. Give notice of special regulations
- e. Not use the area of the Military Orientation March for training its teams.

8. COMPETITION

- a. The competition shall consist of 3 events to be executed in the following sequence:

I	Shooting (pistol and rifle),
II	Obstacle Course and Utility Swimming,
III	Military Orientation March and associated events.
- b. To receive an award in the general classification in the final results the team must complete all events mentioned above.

Competitors and teams who have prizes in individual events but for valid reasons are unable to continue may keep their prizes. However, disqualification will exclude them from awards in any classification.
- c. The Medical Officer in charge may recommend the substitution of a competitor who is unable to continue the competition due to sudden illness or injury sustained after he begins the first event. A report from the Medical Officer must be submitted immediately following the disabling incident to the Director of Competition and the Technical Jury. The Technical Jury will make final authorisation for substitution. The Medical Officer in charge, or a medical officer representing him, must be present at the places where the training and competitions are held. Regarding the Military Orientation March, he should be present at the starting point. A competitor should not be entered in the Shooting Event if he has an old injury which may prevent him from being able to complete the Obstacle Run unless the Medical officer certifies if substitution becomes necessary due to a prior ailment if the medical officer has not certified before the Shooting Event that recovery is highly likely.
- d. The Director of Competition, the Chairman of MilComp, the Technical Jury and the Controlling officers and their assistants (identified by a band on the left arm) are the only persons allowed inside the marked competition areas during the events, if any member of a delegation is found inside the marked competition area during an event, the team may be disqualified.

Exceptions :

 - During training (demonstrations and practice) exercises;

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- In the obstacle course area during the Contest, one coach is allowed to follow his team beside the track;
 - Photographers (members of delegations) to a limited number, after approval by the Director of the Competition and when clearly recognisable as such (e.g. by armband).
- e. A Technical Delegate, being member of MILCOMP, and not being from the country organising the upcoming competition, shall be appointed in the January/February meeting at Brussels, and shall be sent within 3 months before the competition starts for certification of arrangements.
If needed the Technical Delegate can request members of the Technical Jury to assist him in his duties. The Technical Delegate shall report to the Chairman of MILCOMP immediately after the visit. The Chairman of MILCOMP may contact the CIOR President if he considers this necessary. The Technical Delegate shall present a written report to the Chairman of MILCOMP at the latest upon arrival for the competition.
- f. The Technical Delegate(s) will be requested to draw weapon numbers on a random basis using sealed unmarked envelopes prepared by the host country each containing one rifle and one pistol number. These envelopes once drawn against a particular delegation (e.g. USA or Denmark) must be marked with that delegation name and signed by the Technical Delegate(s) across the seal. After the registration of the delegation and before the start of the unofficial practice the Technical Delegate(s) will allocate each envelope to an individual within that particular delegation. All the remaining rifles and pistols must be randomly numbered from 1 upwards, and will be used as replacement weapons as required.
- g. The Technical Delegate becomes member and chairman of the Technical Jury for the upcoming competition.
- h. A Technical Jury (TJ) consisting of 3 reserve-officers will be appointed at the Winter Meeting.
- They will be elected from the candidates presented by member countries at the Winter Meeting.
 - The candidates should have a thorough knowledge of all events concerned.
 - Members of the Technical Jury will be accommodated by the hosting country. They will be allowed to attend disregarding the number of delegates as mentioned at Chapter 5 Teams.
 - On request members of the TJ will assist the Technical Delegate (TD) in his duties as mentioned at Paragraph 8e.
- If appointed members are not appearing at the competition their country must present a qualified substitute at the preliminary meeting.

9. POINTS

- a. Competition points will be awarded according to an equivalence table which is added as an appendix to these permanent regulations.
- b. Should 2 or more teams obtain the same number of points in the final score, the priority of events is as follows :
- Military Orientation March with the supplementary contests;
 - Shooting;
 - Obstacle Course and Utility Swimming.
- c. A meeting for all Chief of Delegations has to be arranged for after the last event. Any possible protest will be handled according to para 15. and para 16. The Chairman of MILCOMP will head the meeting. At this meeting the results of the competition shall be presented and accepted by the Commission. After this meeting, the results are final.

10. DISQUALIFICATION AND PENALTIES

- a. If a team has broken a rule in a deliberate attempt to influence the result of the competition, that team will automatically be disqualified from the competition.
- b. If a team unintentionally breaks a rule and benefits from it, the team will be penalised for the event concerned by receiving only half the number of points that it would have gained.
- c. If a team, at any stage :
- offends against the spirit of the competition, or
 - exceeds the time limit,
- it will receive 0 points for the event.

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11. PRELIMINARY MEETING

- a. The Director of Competition, with the assistance of the Chairman of MilComp, will conduct this meeting, that is to be held no later than 2 days before the start of the competition.
- b. Chiefs of Delegation, Team Captains and Coaches (as consultants only) are to be present at the meeting. Each country is authorised one vote.
- c. Agenda :
 - Opening address;
 - Briefing by the Director of Competition and introduction of the Controlling officers for the various events;
 - Composition of teams is made known at the registration time or at the latest at this meeting, before the drawing of lots;
 - Drawing of lots for the starting order;
 - The countries who have not presented their official certification letter pertaining to the participants must do so at this meeting;
 - Selection of the Technical Jury.

12. COMPOSITION OF TEAMS

- a. After the above preliminary meeting the composition of the teams is final.
- b. The teams remain unchanged for the entire competition unless the Technical Jury authorises the substitution of a competitor because of medical reasons.

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13. DRAWING OF LOTS FOR THE STARTING ORDER

The starting order of the competing teams is determined by:

- The basic table (displayed below), providing for each country the number of teams per starting group as a function of the total number of teams fielded by the country, and
- A lot number drawn for each country.

Number of teams entered for each country	Position							
	1	2	3	4	5	6	7	8
1				x				
2		x				x		
3		x			x			x
4	x		x		x		x	
5	x			x	x		x	x
6	x		x	x		x	x	x
7	x	x	x		x	x	x	x
8	x	x	x	x	x	x	x	x

The procedure is illustrated by an example. The drawing of the lots gives the order as displayed in the table below.

Country	Lot number	Number of teams	Starting group
BE	1	2	2, 6
IT	2	1	4
DA	3	4	1, 3, 5, 7
FR	4	6	1, 3, 4, 6, 7, 8
US	5	8	1, 2, 3, 4, 5, 6, 7, 8
UK	6	4	1, 3, 5, 7
GE	7	5	1, 4, 5, 7, 8
NO	8	2	2, 6
CA	9	6	1, 3, 4, 6, 7, 8
GR	10	1	4
NL	11	2	2, 6

The starting order follows from the basic table and the lot numbers:

Group	BE	IT	DA	FR	US	UK	GE	NO	CA	GR	NL
1			1	2	3	4	5		6		
2	7				8			9			10
3			11	12	13	14			15		
4		16			18		19		20	21	
5			22		23	24	25				
6	26			27	28			29	30		31
7			32	33	34	35	36		37		
8				38	39		40		41		



14. DIRECTOR OF COMPETITION AND TECHNICAL JURY

- a. The Director of Competition must be an officer from the organising country, well experienced in these special competitions. During the competition the Technical Jury will consult him.
It is recommended that future organising countries nominate a Director of Competition in due time to attend at least one earlier competition incl. 2 winter meetings of the 6th commission.
- b. The Technical Jury will consist of the members as elected at the Winter Meeting and the Technical Delegate chairing the Technical Jury. If appointed members are not appearing their country must present a qualified substitute at the preliminary meeting.
- c. In case special conditions arise the Director of Competition must consult the Technical Jury. Such special conditions could include:
 - Conditions forcing the organising country to change competition elements
 - Conditions involving interrogation of competitors in relation to possible fraud in the competition.
 - Conditions involving discussions on correct dress.
- d. Before the competition starts, the Technical Jury shall inspect all of the competition areas to ensure that they conform to the regulations.
The Technical Jury shall receive the written report made by the Technical Delegate(s).
- e. During the competition the Technical Jury ensures that all events are carried out according to the permanent regulations and adjudicates over any disputes or protests. In case of an equally divided vote in the jury, the president has the casting vote.
- f. When the competition has finished the Technical Jury checks and approves the final results.
- g. After the competition the Technical Jury will prepare a report in writing to be sent to the President of the 6th Commission.

15. PROTEST AND PROCEDURE

- a. A protest must be submitted in writing. It may be given verbally, not later than at the end of the event or contest concerned, and confirmed in writing to the Technical Jury not later than 2 hours after the Team Captain has signed off the result with the signing time after the last competitor of the team finished the event or contest, signed by the Chief of Delegation or the Team Captain of the protesting country.
- b. The Technical Jury studies the protest submitted. The decision is to be given in writing to the Chief of Delegation or the Team Captain concerned who either accepts it by signing or brings it to the Appeal Jury for final decision.
- c. To protect teams against arbitrary mistakes they shall on occasion be enabled to :
 - have a restart for that specific event, or
 - accept a bonus time proposed by the Technical Jury.

16. THE APPEAL JURY

- a. The Appeal Jury consists of all Chiefs of Delegation not being members of the Technical Jury who may be represented by their Team Captains. During the meeting the Technical Jury may be present but as technical advisers only. To this end the Chiefs of Delegation shall be available during the competition.
- b. The Chairman of the Appeal Jury is the Chairman of MilComp. In case of ties he has the casting vote.
- c. The decision of the Appeal Jury is final and binding for :
 - protests given by any country finding the results or verdicts of the Technical Jury unsatisfactory,
 - matters submitted by the Technical Jury.



17. AWARDS

- a. Special prizes may be given to up to 25% of the participating teams.
- b. General Classification :
 - to the best 3 teams in overall,
 - all categories will be treating the same thus to the best team of each category.
- c. Separate Classification
1 prize for each winning team in the following events :
 - shooting (combined),
 - military orientation march (combined),
 - obstacle course and utility swimming (combined).
- d. The technical jury, in conjunction with the host country, can elect, or not, to award the Sportsmanship Trophy to a participating team.
- e. A souvenir may be given to each member of the delegations at the discretion of the organising country
- f. A certificate shall be presented to every member of the delegations attending the Military Competition. In order to reflect achievement, the top competitors in the overall General Classification will be awarded certificates as follows: measured by team position:
 - Top 8% of all teams - Gold certificate
 - From 8% to 16% - a Silver certificate
 - From 16% to 24% - a Bronze certificate

18. CHANGES IN THE PERMANENT REGULATIONS

- a. Proposals for changes in the permanent regulations must be sent to all member countries and the Secretary of the 6th Commission (Military Competition) at least 3 months before the January/February meeting of the 6th Commission.
- b. Remarks and comments must be sent to all member countries and the Secretary of the 6th Commission at least 1 month prior to the meeting in order to be included in the agenda of the 6th commission.
- c. As soon as the Executive Committee has approved a change in the permanent regulations, upon recommendation by the 6th Commission, it takes effect and becomes valid immediately.

19. INVITATIONS REGISTRATION AND PARTICIPATION

- a. Invitations:
Not later than 3 months prior to the competition, the organising country shall send the member countries an official invitation containing :
 - the exact dates of the competition,
 - special requirements such as the special regulations to be applied, description of weapons, dimensions of the swimming pool, samples of maps, shape of obstacle course, particulars of orientation march etc,
 - competition contact office (address, phone, etc.).
 - billeting (address of the camp, phone, etc.).
 - registration forms.
- b. Registrations:
Registration is to take place as follows :
 - no later than 6 weeks before the competition starts each participating country shall submit to the organising country a letter containing :
 - total numbers of participants (competitors, substitutes, coaches etc.),
 - number of teams total as well as number of female teams.
 - registration fee, if any,
 - documentation language preferred (English or French),
 - contact address (same for all participants for that country),

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- not later than 2 weeks before the competition starts each participating country shall submit registration forms, containing :
 - name, rank and number of times participated in a national team; names can be changed as late as the Preliminary Meeting.
 - date and place of arrival and departure,
 - means of transportation,
 - special requests or requirements, if any, or information deemed to be of value to the organisers.

Subsequent changes must be explained upon arrival.

c. Participation

Participation is considered valid when the above item (b) has been complied with. Any changes occurring after registration must be given during the preliminary meeting at the latest.



B. SHOOTING

20. WEAPONS AND POINTS

- a. The competition for both rifle and pistol shooting is defined as :
 - Two unofficial practices for the purpose of zeroing.
 - One official practices.
 - The shooting competition.
- b. Maximum points :
 - rifle, 180 shooting points (precision 50%, rapid 50%),
 - pistol, 180 shooting points (precision 50%, rapid 50%)
- c. Competition points will be awarded according to an equivalence table, which is added as an appendix to these permanent regulations.
- d. Before the 1st of March the organising country shall inform the participating countries which weapons will be used at the contest, send one manual on each weapon for instruction and, if possible, send at least one of each of the weapons to the participating countries for training. These weapons must be returned at the latest on arrival of the delegations for the competition.
- e. Each particular weapon shall be test fired for accuracy.

21. DEMONSTRATION AND SHOOTING PRACTICE BEFORE THE COMPETITION EVENT

- a. Unofficial practice.

There will be two unofficial practice sessions.

Teams will be allocated their weapons by lot. The Technical Delegate(s) will draw the weapon numbers allocated to each competitor on a random basis before the competition begins, and will be in sealed envelopes signed by the Technical Delegate(s). Chiefs of Delegation will be given the required number of envelopes on the evening before the first unofficial practice, and the weapons will then be issued accordingly. Substitutes will be allocated spare weapons, which have been numbered randomly. Other spare rifles and pistols, which have been randomly numbered, will be used as replacement weapons in the event of a weapon malfunction. These weapons will be used by the competitors throughout the entire competition.

The unofficial practice days should only be used to zero the weapons thoroughly.

As far as is reasonably practical weapons will be stored in a centralised armoury at all times other than when on the ranges.

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- b. Explanation and demonstration on handling of the weapons, disc marking, signals, commands, etc. will be given during practice.
At least one armourer for each type of weapon must be present at the firing ranges during practice and the contest. Extra spare weapons must be available for replacement if required.
One coach per team is allowed on the firing range.
Practice time not less than 30 minutes per competitor will be allowed. Unofficial practice is at the choice of the competitor and the coach.
Ammunition: unlimited if possible but at least 10 rounds per unofficial practice and enough for at least 2 practices under the same conditions as the actual contests.
Targets and silhouettes: as in the contests and placed and positioned in the same way. They must be replaced after each competitor.
Pattern of targets, and the position of the silhouettes in the rapid-fire practice and disc marking: see appendix 1.
Values of hits see chapter 29.
At the rifle range international disc marking for values 0-10.
At the pistol range marking at the discretion of the officer in charge.

- c. Official Practice.
The official practice day will be the day before the official shooting competition. It will be used to demonstrate the way in which the range will be run during the competition, the words of command, the timings etc; All competitors should have zeroed their weapons during the unofficial practice days, and therefore the range procedure will be exactly as it will be on the day of competition. Competitors should normally be able to fire the practice twice under match conditions. Teams who have not been able to shoot during the official practice days will, where possible, be allocated extra range time on the official practice day in order that they may zero weapons and practice the shoots.

22. DRESS

- a. During shooting, competitors must wear combat dress with long legged trousers and long sleeved shirt with collar, belt, military boots and combat helmet.
The organising country will provide the competitors with a sufficient number of various sizes of helmets.
- b. The dress will be checked both before the shooting event and at the firing range.

23. EXECUTION OF THE EVENT

- a. Competitors are allowed to use the original transport sling as the only support in shooting with the rifle. It must be fastened to the weapon at least one point. The pistol may be held in both hands. A watch to adjust the firing time may be used.
- b. Use of the following accessories is prohibited :
- any external or internal padding,
 - cap shades,
 - eye shields,
 - special shooting glasses with the exception of sun glasses,
 - field glasses,
 - any other accessories not intended for general combat firing.
- c. The competitors and the personnel of the organising country are the only ones allowed being present at the stand or station during the actual contests.
Exception: Director of Competition, Technical Jury and Liaison officers.
- d. The competitors may not receive any help from people in- or outside the stand or station during the actual contests (otherwise the team risks disqualification).

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24. COMMANDS

- At the order of the officer in charge the competitors load and cock their weapons and take their positions at the stand.
- The officer in charge asks: « Are you ready? ». Any competitor who is not ready should say: "Not ready".
- When « ready » is signalled by all competitors, the officer in charge counts: « Seconds-5-4-3-2-1 » and indicates the order to fire by a source of sound of sufficient strength so that all competitors can hear it.
- The order « cease fire » is given by a sound signal lasting through the last 3 seconds.

25. FIRING EXECUTION

- During the official practice day and in the rifle contest international disc (see appendix 1) or red plugs marking will be used. The red plug will be left on the target until the next round.
- To minimise doubt, new targets/silhouettes are to be placed for each competitor who must sign the targets/silhouettes after his shooting.
- For safety reasons, each firer must shoot at his or her own targets. Cross-firing is forbidden. Any team found to have cross-fired will be reported to the Director of Competition, and the team score for that event may be disqualified.
- Ricochets will not be counted as valid hits.
- Shots fired before the starting signal will cancel the competitor's most valuable hits up to the number of shots fired illegally.
- The competitors have the right to continue firing until the end of the « cease fire » signal.
- Shots fired after the end of the « cease fire » signal will cancel the competitor's most valuable hits up to the number of shots fired illegally.
- When an adjoining marksman has hit a target the benefit goes to the first marksman by subtracting the lowest hits down to the required number of impacts.
- After the firing, the weapons shall be unloaded and inspected by the officer in charge or his assistant.

26. FIRING MISHAPS

- When the mishap is caused by the competitor himself (incorrect insertion of magazine, non-loaded weapon, safety-catch on, carelessness, mistakes, ignorance, etc.) he must put the weapon in order, himself without any extra time being allowed.
- If the weapon jams because of :
 - failure of weapon or magazine,
 - bad ammunition,
 - badly inserted ammunition (if this was done by officials),The competitor must raise his hand, lay down his weapon without handling it in any way and call for the officer in charge.
The Technical Jury, after having inspected the weapon and/or the ammunition, may decide that the competitor can repeat/continue firing.
In rapid firing or series firing without disc marking the results of the interrupted series will not be given to the competitor.

27. PRIORITY OF POINTS

In case of equal total number of points:

- priority to pistol precision total. If the tie remains then
- the total of the rifle precision will break the tie. If the tie remains unbroken
- the total of pistol rapid fire will be used. If the tie is still unbroken
- the rapid-fire aggregate for rifle will be used. In the event the tie remains
- the greater number of 10's in the pistol precision phase will determine the victor. If the score remains tied, continue the procedure through to the lowest scoring value.

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28. MEASURING EQUIPMENT

The Director of Competition must have available at the firing range technical material/equipment for measuring the hits on the targets/silhouettes when doubts may arise.

29. FORMULA, TARGETS AND SILHOUETTES

Patterns of targets, silhouettes and position of silhouettes, see appendix 1.

SHOOTING FORMULA

WEAPON	DISTANCE (meters)	TARGETS	TYPE OF FIRE	FORMULA	POSITION	POINTS
RIFLE	200	1 Nr. 1	Trial	5 rounds in 5 minutes, disc or red plug marked after each round	Lying, no support	None
			Precision	9 rounds in 5 minutes, not disc marked		Max. 90 points
	200	1 Nr. 3 2 Nr. 4	Rapid	9 rounds in 1 minute		7 in circle, 3 outside circle. 9 for each hit silhouette, value of target Nr. 3 is 7 points for the whole target. Max. 90 points
AUTOMATIC PISTOL	25	1 Nr. 2	Trial	5 rounds in 3 minutes	Standing, no support	
			Precision	2 separate series (4 and 5 rounds) 1 minute each		Max. 90 points
	25	1 Nr. 3 2 Nr. 4	Rapid	9 rounds in 35 seconds, 2 magazines must be used, both must contain at least 2 rounds		7 in circle, 3 outside circle. 9 for each hit silhouette, value of target Nr. 3 is 7 points for the whole target. Max. 90 points

Note: For weapons with adjustable rearsights, the adjustments will be announced at the preliminary meeting.



C. OBSTACLE COURSE CONTEST

30. OBSTACLE COURSE

This course is the same as for CISM and consists of 20 different obstacles on a 500 m long track.

The course will have at least two lanes.

Of the obstacles, which can be engaged by one competitor at the time, there shall be at least two present.

- Plan of course, see appendix 2, page 39
- Sketches, description and requirements for crossing, see appendix 2 page 40 through page 59.

31. TIME / POINTS

A time of 3 minutes and 05 seconds gives 1650 points. Every second (0.1 second) over (under) this time gives 12 points (1.2 point) less (more) down to 0 points.

Refer to page 24 through 33.

32. DRESS

Combat-dress with long legged trousers and long sleeved shirt with collar, no headgear, footwear at competitor's choice (nailed shoes prohibited). Dress must be checked before the start.

33. DEMONSTRATION / TRAINING

Demonstration will be given in the methods of crossing the obstacles before the training starts.

34. STARTING ORDERS

"On your marks "

"Ready ? "

"Go " (by pistol shot or whistle blast).

35. COMPETITION

- a. The 3 members of the team start together; they must keep inside the track lines and may help each other at their own choice. However, if a team-member crosses an obstacle and returns to help his team-mate(s), he must re-engage the obstacle to continue the course (with exception of obstacle Nr. 15). It is not necessary to negotiate the obstacle or stay inside the track while returning to help a teammate.
- b. If an obstacle has been crossed in an incorrect way the controller for that obstacle will raise a red flag, give a whistle blast and order the competitor to repeat the crossing in a correct way.
- c. No part of any supporting structure may be used for taking support.
- d. The time for the team will be stopped when the last team-member crosses the finish line.
- e. A competitor who has passed the finish line is not allowed to re-enter the track in order to assist. He may stand on the finish line.
- f. A coach may follow his team beside the track for coaching only



D. UTILITY SWIMMING CONTEST

36. SWIMMING COURSE

This course is the same as for CISM and consists of 4 obstacles on a lane 50 m long or two lanes of 25 m.

- General sketch, see appendix 3, page 60
- Characteristics and method of crossing, see appendix 3, page 61
- The available width shall be at least 3 meters (e.g. 2 adjacent lanes of at least 2 meters width are acceptable)
- In the case of two lanes of 25 meters turning shall be done by climbing out at the end of the first lane making a left turn, and diving in again in the second lane. At least one foot must be placed on the return side marked by a dividing line. The turning platform must be constructed to conform to the height of No. 3 obstacle. Obstacle No. 3 will then be omitted.

37. TIME / POINTS

A time of 44.0 seconds gives 1100 points. Every second (0.1 second) over (under) this time gives 27 points (2.7 points) less (more) down to 0 points.

Refer to page 33 through 36.

38. DRESS

- a. Swimming costumes, to be supplied by the competitors.
- b. Fatigue dress. The organisers will provide correctly fitting dress for each competitor during training and just before the start.
- c. Fatigue dress must be wetted before the start.
- d. Sleeves and trousers may not be rolled up. Suitable length is considered to knuckle of wrist- and ankle-joint.
- e. Competitors may chose to wear any type of belt, or may chose not to wear a belt.
- f. Goggles may not be worn. Swimming caps may be worn by female competitors, but not by male competitors.
- g. Dress must be checked before the competitor is allowed to start.

39. DEMONSTRATION / TRAINING

Demonstration will be given in the methods of crossing the obstacles before the training starts.

40. STARTING ORDERS

" On your marks "

" Go " (by a shot or a whistle blast)

After the order " on your marks " the competitors will come to a complete stand-still on the edge of the pool or starting platform before the order " go " is given.

No running start, or assisted start, will be allowed.

41. COMPETITION

- a. The 3 team members start together; they must keep inside the lane(s) and may help each other at their own choice. If a competitor crosses an obstacle and then backtracks to help a teammate, he must re-engage the obstacle for the second time.
It is not necessary to negotiate the obstacle or stay inside the lane(s) while returning to help a teammate.
- b. If an obstacle has been crossed in an incorrect way the controller for that obstacle will raise a red flag, and a penalty of 15 seconds will be added to the time of the team.
- c. No part of any supporting structure may be used for taking support.
- d. Time for the team will be stopped when the last team-member reaches the finish line and touches it with at least one hand.

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- e. A competitor who has touched the finish line is allowed to help his other team members. When helping he may lose contact with the pool wall. He must, however, touch the wall again with at least one hand to have the time stopped.
- f. The interval between the obstacle run and utility swimming shall be at least 45 minutes. If for practical reasons it must be longer, it should be as short as possible. The host nations shall attempt to make the interval equal for all teams.
- g. At the end of the swimming contest, upon leaving the pool and before the competitors go to the changing rooms, the dress will be checked. Any deliberate damage to the dress noted during this check will lead to the disqualification of that team for this event.



E. MILITARY ORIENTEERING MARCH EVENT

42. POINTS

A regular running time (finishing time) of 1 hour 40 minutes (100 minutes) will result in a score of 2750 points. For each minute (or fraction of a minute) a team is slower than 100 minutes, 12 points (or a fraction thereof) will be subtracted; for each minute (or a fraction of a minute) the team is quicker than 100 minutes, 12 points (or a fraction thereof) will be added.

43. COURSE / TIME

- a. The team, using military means of orientation such as topographical maps (scale 1:20,000, or 1:25,000 or 1:50,000) compasses etc. and in order of starting numbers (intervals 3 - 5 minutes between teams) must pass through 8 to 15 check points marked with the international orange/white signs situated along the course. Other maps, as for example, sketch maps and sports orienteering maps, aerial photographs and such tests as memory legs, pace and azimuth, rope bridges, assault boating, rowing, etc., are encouraged.
- b. The run should be completed within the shortest possible time. The time will be taken from start to finish and it may include throwing of handgrenades (to be executed within the time), map reading and range estimation (to be executed outside the time and preferably before the start). The waiting time (shortest possible) at any place (fewest possible) will be deducted.
- c. Each team is obliged to remain at the site of range estimation and map reading contests for the limit of the allotted time.
Each team may leave the site of the handgrenade-throwing contest as soon as it has finished throwing.
- d. Estimated winning time for the Military Orientation March shall be 1 hour and 40 minutes.
Length and degree of difficulty shall be adapted to this requirement.
- e. The teams failing to pass through all checkpoints will be given 0 points.

44. DRESS

- a. Competitors must wear combat-dress with long legged trousers and long sleeved shirt with collar, combat headgear (beret or cap), combat military boots and combat belt. The team will carry weapons as used for the shooting contest (one pistol and two rifles).
- b. Competitors may only use magnetic compasses of their own choice (360 degrees, 400 degrees, 6400 mils).
- c. Dress must be checked before the start. It is not allowed to wrap, cover or strip the weapons.
- d. Water bottles of any military kind may be carried. The competitor is allowed to wear them in any place on his or her body. There is no objection when the water bottle is serving the competitor as a padding.

45. COMPETITION

- a. Two minutes before the start the team will be given:
 - a progression card, or device; if lost during the event, the team will get no points for the Military Orientation March, unless some form of official verification is made available to the Technical Jury.
 - a sealed envelope with a map on which the starting and finishing points will be indicated. The sealed envelope, which is for safety purposes, must be returned unopened upon finishing the Military Orienteering March, or the team will get no points for the Military Orienteering March.
- b. At the time of the start the team will receive information needed to reach the first checkpoint.
All members of the team must pass all checkpoints in numerical order. However, if a checkpoint has been missed by a team (e.g. it has passed check point No. 6 and accidentally reached check point No.8), it may return to find the next prior check point (i.e. No. 7) and then continue the course to the next check point (i.e. No. 8). If a team has passed the finish line it cannot re-enter the course.
- c. At each check point instructions only on how to reach the next checkpoint, or the next series of checkpoints, will be given and no other information. The instructions will be enclosed in a sealed envelope, where practical; the team-leader signs upon receipt.
The instructions will only be handed over after all three team-members have checked in.

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- d. The check points may be given in one of the following ways:
 - a circle on the map, check point in the centre of the circle, and a short description attached as far as applicable,
 - co-ordinates;
 - true bearing (in 360 degrees and 6400 mils) and distance measured on the map;
 - routing (traced course);
 - tracing paper (overlay);
 - arial photographs (vertical);
 - sketch of map (made by the team).
- e. All manned checkpoints must have a control stamp/pair of hole-tongues with different stamp/cut for each checkpoint.
The controller must :
 - ensure that the check point has been reached in the correct sequence;
 - stamp/cut the progression card in the place numbered (the team , however, is responsible for the correct procedure);
 - write down on his list:
 - the number of the team,
 - the time of departure,
 - Possibly a waiting time.
- f. Unmanned and/or secret control points may be included on part of the track to check the teams' correct passing. Means of control (stamps, pincers) shall be present at such points to mark the progression card.
- g. Ordinary military exercises should preferably be included in the orientation march (for example crossing water by boats, dinghies, ropes, wading, etc.)
- h. Communication, verbally, by signs or other means between teams and controllers or others involved in the competition, are prohibited. Likewise, during the competition communication is forbidden between competitors who have finished and those who have not yet completed the orientation march.
The organising country is requested to place the start and finish separate from each other.
- i. When part of the course is leading along a marked track the penalty for leaving this track will be disqualification.

46. REFRESHMENTS

After the first half of the course, refreshments (soft drinks, water, etc.) will be provided at one or several checkpoints.

Under extreme weather conditions more refreshments points are encouraged.

47. FINISH

- a. At the finish the three members of the team must arrive together and may pass the finish line from any direction. The time will be stopped when the last team member passes the finish line.
- b. After having delivered the progression card no member of the team is allowed to re-enter the competition area for any reason.

48. ABORTING DURING THE CONTEST

If a team has to abort for any reason or it has gone beyond the estimated time, the team must proceed to the finish-point in the quickest possible way.

Any sealed envelopes may then be opened to locate the finish-point.

49. SPECTATORS

- a. Spectators may be present at the start and at the finish.
- b. If spectators are to be allowed on the course, they must never be placed on or transported to a place where they may influence the event.



F. RANGE ESTIMATION CONTEST

50. TIME SCHEDULE

The contest shall preferably be staged prior to the start of the orientation march, see also 43b and 43c. The place must be invisible from where the map reading contest is arranged. All maps are forbidden.

51. TIME / POINTS

- a. Time: 5 minutes
Two sets of targets will be included to meet changing weather conditions.
- b. Points : A maximum of 56 points for each target can be obtained by reference to the following scale :

Deviation	Score
Between 0 and up to 10 %	56,0 points
Between 10 and up to 20 %	39,2 points
Between 20 and up to 30 %	22,4 points
Between 30 and up to 40 %	05,6 points
Over 40 %	00,0 points

52. DRESS

As for the Military Orientation March

53. COMPETITION:

- a. At a place behind the starting line from which the observation area cannot be seen, the controlling officer briefs the team and hands then the check-card for writing down the estimated straight-line distances in the order 1 to 5. When the team has given the ready signal, he starts the team with a whistle blast.
- b. The team proceeds to the station, less than 30 m away from the starting line, where rifles or other means (demonstrated before), numbered 1 to 5, have been set up, aiming 5 objects placed at distances between 60 to 600 meters.
The team has to estimate and record the distances.
- c. Towards the end the controlling officer will give the following signals:
 - at 4 minutes and 30 seconds : " 30 seconds left"
 - at 4 minutes and 55 seconds: a whistle blast lasting 5 seconds.
The team may estimate/write till the end of the signal after which the check card will be taken away from them.
- d. It is forbidden to use any means of aid other then those provided.



G. MAP READING CONTEST

54. TIME SCHEDULE

The contest shall preferably be staged after the range estimation contest and prior to the start of the orientation march, see also 43b and 43c.

55. TIME / POINTS

- a. Time: 15 minutes for the contest.

Two sets of targets will be included to meet changing weather conditions.

Points : A maximum of 56 points for each target can be obtained by reference to the following scale :	Score
Deviation	
Between 0 and up to 5 %	56,0 points
Between 5 and up to 10 %	44.8 points
Between 10 and up to 15 %	33.6Points
Between 15 and up to 20 %	22.4 points
Between 20 and up to 25 %	11.2 points
Over 25 %	00.0 Points

56. DRESS

As for the Military Orientation March

57. COMPETITION

- a. At a place behind the starting line from which the observation area cannot be seen, the controlling officer briefs the team and hands over maps and equipment (Ref 57f) for marking the targets. When the team has given the ready signal, the controlling officer starts the team with a whistle blast. The team proceeds to the observation area.
- b. From a point or a line marked on the map 5 targets (a house, a single tree, etc.), represented by conventional signs on the map, should be indicated on the map, defined by a drawing pin with a circle around it and the appropriate number. Cancellation of an indication must be marked with a cross.
- c. Information about the targets will be given by using the line of sight of a rifle or preferably some other means not influencing the compass reading by magnetism, numbered as shown before the start. Also a sketch or photo with a specification of the target (house, group of trees, etc) will be given.
- d. Maximum distances: 3,000 m.
- e. Competitors may use a magnetic compass and/or a planimeter but the use of any other aid is not allowed.
- f. Each team will have at its disposal :
- 2 maps of 1 : 20,000, 1 : 25,000 and/or 1 : 50,000, one for trial (can be kept) and one for the competition ;
 - one pencil, and
 - several drawing pins.
- g. Teams will have 15 minutes (see 57.I below, for exceptions). Controls must be taken in succession (cannot go back to a previous point). Teams control their time at each point.
- h. An official shall accompany each team, and give following signals:
- At 14 minutes and 30 seconds: "30 seconds left"
 - At 14 minutes and 50 seconds: "10 seconds left"
- At 15 minutes the map will be taken away from the team.

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- i. If the total distance of the map-reading area from start to finish is 100 meters or less, the total time is 15 minutes. For each additional 100 meters, add one minute.



H. HANDGRENADE THROWING CONTEST

58. TIME SCHEDULE

This contest shall be arranged during or at the end of the Military Orientation March and the time used to execute it will be included in the time of the Military Orientation March.

59. POINTS

A maximum of 280 points can be obtained as follows, 4 x 28 for the pit, 4x 14 for the circle and 4 x 28 for the window.

60. DRESS

As for the Military Orientation March

61. COMPETITION

- a. Each competitor has to throw 4 grenades (weight 550 to 650 grams) at one particular target (3 targets, 3 competitors) from a line at 20 meters distance. The targets must be hit directly. Grenades touching the line of the circle will be considered as hits. For indication see Appendix 4, page 63
- b. Targets, see Appendix 4 page 62

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I. POINTS TABLES

POINTS TABLE FOR SHOOTING

Shooting Points	Rifle/ Pistol	Shooting Points	Rifle/ Pistol	Shooting Points	Rifle/ Pistol
180	590	140	390	100	190
179	585	139	385	99	185
178	580	138	380	98	180
177	575	137	375	97	175
176	570	136	370	96	170
175	565	135	365	95	165
174	560	134	360	94	160
173	555	133	355	93	155
172	550	132	350	92	150
171	545	131	345	91	145
170	540	130	340	90	140
169	535	129	335	89	135
168	530	128	330	88	130
167	525	127	325	87	125
166	520	126	320	86	120
165	515	125	315	85	115
164	510	124	310	84	110
163	505	123	305	83	105
162	500	122	300	82	100
161	495	121	295	81	95
160	490	120	290	80	90
159	485	119	285	79	85
158	480	118	280	78	80
157	475	117	275	77	75
156	470	116	270	76	70
155	465	115	265	75	65
154	460	114	260	74	60
153	455	113	255	73	55
152	450	112	250	72	50
151	445	111	245	71	45
150	440	110	240	70	40
149	435	109	235	69	35
148	430	108	230	68	30
147	425	107	225	67	25
146	420	106	220	66	20
145	415	105	215	65	15
144	410	104	210	64	10
143	405	103	205	63	5
142	400	102	200	62	0
141	395	101	195		

Team points:

The score of all three shooters will be added together to obtain the Team's Competition points for that particular weapon.

This will be done for each weapon (rifle and pistol). The highest possible number of competition points for a team will therefore be:

$$(590 + 590 + 590) \text{ (Rifle)} + (590 + 590 + 590) \text{ (Pistol)} = 3540$$

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POINTS TABLE FOR OBSTACLE COURSE

A time of 3 minutes 05.0 seconds gives 1650 points. Every second (0.1 sec.)
Over (under) this time gives 12 points (1.2 points) less (more) down to 0 points.

Sec	Points	Sec	Points	Sec	Points	Sec	Points
02:40,00	1950,00	02:44,00	1902,00	02:48,00	1854,00	02:52,00	1806,00
02:40,10	1948,80	02:44,10	1900,80	02:48,10	1852,80	02:52,10	1804,80
02:40,20	1947,60	02:44,20	1899,60	02:48,20	1851,60	02:52,20	1803,60
02:40,30	1946,40	02:44,30	1898,40	02:48,30	1850,40	02:52,30	1802,40
02:40,40	1945,20	02:44,40	1897,20	02:48,40	1849,20	02:52,40	1801,20
02:40,50	1944,00	02:44,50	1896,00	02:48,50	1848,00	02:52,50	1800,00
02:40,60	1942,80	02:44,60	1894,80	02:48,60	1846,80	02:52,60	1798,80
02:40,70	1941,60	02:44,70	1893,60	02:48,70	1845,60	02:52,70	1797,60
02:40,80	1940,40	02:44,80	1892,40	02:48,80	1844,40	02:52,80	1796,40
02:40,90	1939,20	02:44,90	1891,20	02:48,90	1843,20	02:52,90	1795,20
02:41,00	1938,00	02:45,00	1890,00	02:49,00	1842,00	02:53,00	1794,00
02:41,10	1936,80	02:45,10	1888,80	02:49,10	1840,80	02:53,10	1792,80
02:41,20	1935,60	02:45,20	1887,60	02:49,20	1839,60	02:53,20	1791,60
02:41,30	1934,40	02:45,30	1886,40	02:49,30	1838,40	02:53,30	1790,40
02:41,40	1933,20	02:45,40	1885,20	02:49,40	1837,20	02:53,40	1789,20
02:41,50	1932,00	02:45,50	1884,00	02:49,50	1836,00	02:53,50	1788,00
02:41,60	1930,80	02:45,60	1882,80	02:49,60	1834,80	02:53,60	1786,80
02:41,70	1929,60	02:45,70	1881,60	02:49,70	1833,60	02:53,70	1785,60
02:41,80	1928,40	02:45,80	1880,40	02:49,80	1832,40	02:53,80	1784,40
02:41,90	1927,20	02:45,90	1879,20	02:49,90	1831,20	02:53,90	1783,20
02:42,00	1926,00	02:46,00	1878,00	02:50,00	1830,00	02:54,00	1782,00
02:42,10	1924,80	02:46,10	1876,80	02:50,10	1828,80	02:54,10	1780,80
02:42,20	1923,60	02:46,20	1875,60	02:50,20	1827,60	02:54,20	1779,60
02:42,30	1922,40	02:46,30	1874,40	02:50,30	1826,40	02:54,30	1778,40
02:42,40	1921,20	02:46,40	1873,20	02:50,40	1825,20	02:54,40	1777,20
02:42,50	1920,00	02:46,50	1872,00	02:50,50	1824,00	02:54,50	1776,00
02:42,60	1918,80	02:46,60	1870,80	02:50,60	1822,80	02:54,60	1774,80
02:42,70	1917,60	02:46,70	1869,60	02:50,70	1821,60	02:54,70	1773,60
02:42,80	1916,40	02:46,80	1868,40	02:50,80	1820,40	02:54,80	1772,40
02:42,90	1915,20	02:46,90	1867,20	02:50,90	1819,20	02:54,90	1771,20
02:43,00	1914,00	02:47,00	1866,00	02:51,00	1818,00	02:55,00	1770,00
02:43,10	1912,80	02:47,10	1864,80	02:51,10	1816,80	02:55,10	1768,80
02:43,20	1911,60	02:47,20	1863,60	02:51,20	1815,60	02:55,20	1767,60
02:43,30	1910,40	02:47,30	1862,40	02:51,30	1814,40	02:55,30	1766,40
02:43,40	1909,20	02:47,40	1861,20	02:51,40	1813,20	02:55,40	1765,20
02:43,50	1908,00	02:47,50	1860,00	02:51,50	1812,00	02:55,50	1764,00
02:43,60	1906,80	02:47,60	1858,80	02:51,60	1810,80	02:55,60	1762,80
02:43,70	1905,60	02:47,70	1857,60	02:51,70	1809,60	02:55,70	1761,60
02:43,80	1904,40	02:47,80	1856,40	02:51,80	1808,40	02:55,80	1760,40
02:43,90	1903,20	02:47,90	1855,20	02:51,90	1807,20	02:55,90	1759,20

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Sec	Points	Sec	Points	Sec	Points	Sec	Points
02:56,00	1758,00	03:00,70	1701,60	03:05,50	1644,00	03:10,30	1586,40
02:56,10	1756,80	03:00,80	1700,40	03:05,60	1642,80	03:10,40	1585,20
02:56,20	1755,60	03:00,90	1699,20	03:05,70	1641,60	03:10,50	1584,00
02:56,30	1754,40	03:01,00	1698,00	03:05,80	1640,40	03:10,60	1582,80
02:56,40	1753,20	03:01,10	1696,80	03:05,90	1639,20	03:10,70	1581,60
02:56,50	1752,00	03:01,20	1695,60	03:06,00	1638,00	03:10,80	1580,40
02:56,60	1750,80	03:01,30	1694,40	03:06,10	1636,80	03:10,90	1579,20
02:56,70	1749,60	03:01,40	1693,20	03:06,20	1635,60	03:11,00	1578,00
02:56,80	1748,40	03:01,50	1692,00	03:06,30	1634,40	03:11,10	1576,80
02:56,90	1747,20	03:01,60	1690,80	03:06,40	1633,20	03:11,20	1575,60
02:57,00	1746,00	03:01,70	1689,60	03:06,50	1632,00	03:11,30	1574,40
02:57,10	1744,80	03:01,80	1688,40	03:06,60	1630,80	03:11,40	1573,20
02:57,20	1743,60	03:01,90	1687,20	03:06,70	1629,60	03:11,50	1572,00
02:57,30	1742,40	03:02,00	1686,00	03:06,80	1628,40	03:11,60	1570,80
02:57,40	1741,20	03:02,10	1684,80	03:06,90	1627,20	03:11,70	1569,60
02:57,50	1740,00	03:02,20	1683,60	03:07,00	1626,00	03:11,80	1568,40
02:57,60	1738,80	03:02,30	1682,40	03:07,10	1624,80	03:11,90	1567,20
02:57,70	1737,60	03:02,40	1681,20	03:07,20	1623,60	03:12,00	1566,00
02:57,80	1736,40	03:02,50	1680,00	03:07,30	1622,40	03:12,10	1564,80
02:57,90	1735,20	03:02,60	1678,80	03:07,40	1621,20	03:12,20	1563,60
02:58,00	1734,00	03:02,70	1677,60	03:07,50	1620,00	03:12,30	1562,40
02:58,10	1732,80	03:02,80	1676,40	03:07,60	1618,80	03:12,40	1561,20
02:58,20	1731,60	03:02,90	1675,20	03:07,70	1617,60	03:12,50	1560,00
02:58,30	1730,40	03:03,00	1674,00	03:07,80	1616,40	03:12,60	1558,80
02:58,40	1729,20	03:03,10	1672,80	03:07,90	1615,20	03:12,70	1557,60
02:58,50	1728,00	03:03,20	1671,60	03:08,00	1614,00	03:12,80	1556,40
02:58,60	1726,80	03:03,30	1670,40	03:08,10	1612,80	03:12,90	1555,20
02:58,70	1725,60	03:03,40	1669,20	03:08,20	1611,60	03:13,00	1554,00
02:58,80	1724,40	03:03,50	1668,00	03:08,30	1610,40	03:13,10	1552,80
02:58,90	1723,20	03:03,60	1666,80	03:08,40	1609,20	03:13,20	1551,60
02:59,00	1722,00	03:03,70	1665,60	03:08,50	1608,00	03:13,30	1550,40
02:59,10	1720,80	03:03,80	1664,40	03:08,60	1606,80	03:13,40	1549,20
02:59,20	1719,60	03:03,90	1663,20	03:08,70	1605,60	03:13,50	1548,00
02:59,30	1718,40	03:04,00	1662,00	03:08,80	1604,40	03:13,60	1546,80
02:59,40	1717,20	03:04,10	1660,80	03:08,90	1603,20	03:13,70	1545,60
02:59,50	1716,00	03:04,20	1659,60	03:09,00	1602,00	03:13,80	1544,40
02:59,60	1714,80	03:04,30	1658,40	03:09,10	1600,80	03:13,90	1543,20
02:59,70	1713,60	03:04,40	1657,20	03:09,20	1599,60	03:14,00	1542,00
02:59,80	1712,40	03:04,50	1656,00	03:09,30	1598,40	03:14,10	1540,80
02:59,90	1711,20	03:04,60	1654,80	03:09,40	1597,20	03:14,20	1539,60
03:00,00	1710,00	03:04,70	1653,60	03:09,50	1596,00	03:14,30	1538,40
03:00,10	1708,80	03:04,80	1652,40	03:09,60	1594,80	03:14,40	1537,20
03:00,20	1707,60	03:04,90	1651,20	03:09,70	1593,60	03:14,50	1536,00
03:00,30	1706,40	03:05,00	1650,00	03:09,80	1592,40	03:14,60	1534,80
03:00,40	1705,20	03:05,10	1648,80	03:09,90	1591,20	03:14,70	1533,60
03:00,50	1704,00	03:05,20	1647,60	03:10,00	1590,00	03:14,80	1532,40
03:00,60	1702,80	03:05,30	1646,40	03:10,10	1588,80	03:14,90	1531,20
		03:05,40	1645,20	03:10,20	1587,60	03:15,00	1530,00

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Sec	Points	Sec	Points	Sec	Points	Sec	Points
03:15,10	1528,20						
03:15,20	1527,60	03:20,00	1470,00	03:24,80	1412,40	03:29,60	1354,80
03:15,30	1526,40	03:20,10	1468,80	03:24,90	1411,20	03:29,70	1353,60
03:15,40	1525,20	03:20,20	1467,60	03:25,00	1410,00	03:29,80	1352,40
03:15,50	1524,00	03:20,30	1466,40	03:25,10	1408,80	03:29,90	1351,20
03:15,60	1522,80	03:20,40	1465,20	03:25,20	1407,60	03:30,00	1350,00
03:15,70	1521,60	03:20,50	1464,00	03:25,30	1406,40	03:30,10	1348,80
03:15,80	1520,40	03:20,60	1462,80	03:25,40	1405,20	03:30,20	1347,60
03:15,90	1519,20	03:20,70	1461,60	03:25,50	1404,00	03:30,30	1346,40
03:16,00	1518,00	03:20,80	1460,40	03:25,60	1402,80	03:30,40	1345,20
03:16,10	1516,80	03:20,90	1459,20	03:25,70	1401,60	03:30,50	1344,00
03:16,20	1515,60	03:21,00	1458,00	03:25,80	1400,40	03:30,60	1342,80
03:16,30	1514,40	03:21,10	1456,80	03:25,90	1399,20	03:30,70	1341,60
03:16,40	1513,20	03:21,20	1455,60	03:26,00	1398,00	03:30,80	1340,40
03:16,50	1512,00	03:21,30	1454,40	03:26,10	1396,80	03:30,90	1339,20
03:16,60	1510,80	03:21,40	1453,20	03:26,20	1395,60	03:31,00	1338,00
03:16,70	1509,60	03:21,50	1452,00	03:26,30	1394,40	03:31,10	1336,80
03:16,80	1508,40	03:21,60	1450,80	03:26,40	1393,20	03:31,20	1335,60
03:16,90	1507,20	03:21,70	1449,60	03:26,50	1392,00	03:31,30	1334,40
03:17,00	1506,00	03:21,80	1448,40	03:26,60	1390,80	03:31,40	1333,20
03:17,10	1504,80	03:21,90	1447,20	03:26,70	1389,60	03:31,50	1332,00
03:17,20	1503,60	03:22,00	1446,00	03:26,80	1388,40	03:31,60	1330,80
03:17,30	1502,40	03:22,10	1444,80	03:26,90	1387,20	03:31,70	1329,60
03:17,40	1501,20	03:22,20	1443,60	03:27,00	1386,00	03:31,80	1328,40
03:17,50	1500,00	03:22,30	1442,40	03:27,10	1384,80	03:31,90	1327,20
03:17,60	1498,80	03:22,40	1441,20	03:27,20	1383,60	03:32,00	1326,00
03:17,70	1497,60	03:22,50	1440,00	03:27,30	1382,40	03:32,10	1324,80
03:17,80	1496,40	03:22,60	1438,80	03:27,40	1381,20	03:32,20	1323,60
03:17,90	1495,20	03:22,70	1437,60	03:27,50	1380,00	03:32,30	1322,40
03:18,00	1494,00	03:22,80	1436,40	03:27,60	1378,80	03:32,40	1321,20
03:18,10	1492,80	03:22,90	1435,20	03:27,70	1377,60	03:32,50	1320,00
03:18,20	1491,60	03:23,00	1434,00	03:27,80	1376,40	03:32,60	1318,80
03:18,30	1490,40	03:23,10	1432,80	03:27,90	1375,20	03:32,70	1317,60
03:18,40	1489,20	03:23,20	1431,60	03:28,00	1374,00	03:32,80	1316,40
03:18,50	1488,00	03:23,30	1430,40	03:28,10	1372,80	03:32,90	1315,20
03:18,60	1486,80	03:23,40	1429,20	03:28,20	1371,60	03:33,00	1314,00
03:18,70	1485,60	03:23,50	1428,00	03:28,30	1370,40	03:33,10	1312,80
03:18,80	1484,40	03:23,60	1426,80	03:28,40	1369,20	03:33,20	1311,60
03:18,90	1483,20	03:23,70	1425,60	03:28,50	1368,00	03:33,30	1310,40
03:19,00	1482,00	03:23,80	1424,40	03:28,60	1366,80	03:33,40	1309,20
03:19,10	1480,80	03:23,90	1423,20	03:28,70	1365,60	03:33,50	1308,00
03:19,20	1479,60	03:24,00	1422,00	03:28,80	1364,40	03:33,60	1306,80
03:19,30	1478,40	03:24,10	1420,80	03:28,90	1363,20	03:33,70	1305,60
03:19,40	1477,20	03:24,20	1419,60	03:29,00	1362,00	03:33,80	1304,40
03:19,50	1476,00	03:24,30	1418,40	03:29,10	1360,80	03:33,90	1303,20
03:19,60	1474,80	03:24,40	1417,20	03:29,20	1359,60	03:34,00	1302,00
03:19,70	1473,60	03:24,50	1416,00	03:29,30	1358,40	03:34,10	1300,80
03:19,80	1472,40	03:24,60	1414,80	03:29,40	1357,20	03:34,20	1299,60

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03:19,90	1471,20	03:24,70	1413,60	03:29,50	1356,00	03:34,30	1298,40
Sec	Points	Sec	Points	Sec	Points	Sec	Points
03:34,40	1297,20	03:39,10	1240,80	03:43,80	1184,40	03:48,50	1128,00
03:34,50	1296,00	03:39,20	1239,60	03:43,90	1183,20	03:48,60	1126,80
03:34,60	1294,80	03:39,30	1238,40	03:44,00	1182,00	03:48,70	1125,60
03:34,70	1293,60	03:39,40	1237,20	03:44,10	1180,80	03:48,80	1124,40
03:34,80	1292,40	03:39,50	1236,00	03:44,20	1179,60	03:48,90	1123,20
03:34,90	1291,20	03:39,60	1234,80	03:44,30	1178,40	03:49,00	1122,00
03:35,00	1290,00	03:39,70	1233,60	03:44,40	1177,20	03:49,10	1120,80
03:35,10	1288,80	03:39,80	1232,40	03:44,50	1176,00	03:49,20	1119,60
03:35,20	1287,60	03:39,90	1231,20	03:44,60	1174,80	03:49,30	1118,40
03:35,30	1286,40	03:40,00	1230,00	03:44,70	1173,60	03:49,40	1117,20
03:35,40	1285,20	03:40,10	1228,80	03:44,80	1172,40	03:49,50	1116,00
03:35,50	1284,00	03:40,20	1227,60	03:44,90	1171,20	03:49,60	1114,80
03:35,60	1282,80	03:40,30	1226,40	03:45,00	1170,00	03:49,70	1113,60
03:35,70	1281,60	03:40,40	1225,20	03:45,10	1168,80	03:49,80	1112,40
03:35,80	1280,40	03:40,50	1224,00	03:45,20	1167,60	03:49,90	1111,20
03:35,90	1279,20	03:40,60	1222,80	03:45,30	1166,40	03:50,00	1110,00
03:36,00	1278,00	03:40,70	1221,60	03:45,40	1165,20	03:50,10	1108,80
03:36,10	1276,80	03:40,80	1220,40	03:45,50	1164,00	03:50,20	1107,60
03:36,20	1275,60	03:40,90	1219,20	03:45,60	1162,80	03:50,30	1106,40
03:36,30	1274,40	03:41,00	1218,00	03:45,70	1161,60	03:50,40	1105,20
03:36,40	1273,20	03:41,10	1216,80	03:45,80	1160,40	03:50,50	1104,00
03:36,50	1272,00	03:41,20	1215,60	03:45,90	1159,20	03:50,60	1102,80
03:36,60	1270,80	03:41,30	1214,40	03:46,00	1158,00	03:50,70	1101,60
03:36,70	1269,60	03:41,40	1213,20	03:46,10	1156,80	03:50,80	1100,40
03:36,80	1268,40	03:41,50	1212,00	03:46,20	1155,60	03:50,90	1099,20
03:36,90	1267,20	03:41,60	1210,80	03:46,30	1154,40	03:51,00	1098,00
03:37,00	1266,00	03:41,70	1209,60	03:46,40	1153,20	03:51,10	1096,80
03:37,10	1264,80	03:41,80	1208,40	03:46,50	1152,00	03:51,20	1095,60
03:37,20	1263,60	03:41,90	1207,20	03:46,60	1150,80	03:51,30	1094,40
03:37,30	1262,40	03:42,00	1206,00	03:46,70	1149,60	03:51,40	1093,20
03:37,40	1261,20	03:42,10	1204,80	03:46,80	1148,40	03:51,50	1092,00
03:37,50	1260,00	03:42,20	1203,60	03:46,90	1147,20	03:51,60	1090,80
03:37,60	1258,80	03:42,30	1202,40	03:47,00	1146,00	03:51,70	1089,60
03:37,70	1257,60	03:42,40	1201,20	03:47,10	1144,80	03:51,80	1088,40
03:37,80	1256,40	03:42,50	1200,00	03:47,20	1143,60	03:51,90	1087,20
03:37,90	1255,20	03:42,60	1198,80	03:47,30	1142,40	03:52,00	1086,00
03:38,00	1254,00	03:42,70	1197,60	03:47,40	1141,20	03:52,10	1084,80
03:38,10	1252,80	03:42,80	1196,40	03:47,50	1140,00	03:52,20	1083,60
03:38,20	1251,60	03:42,90	1195,20	03:47,60	1138,80	03:52,30	1082,40
03:38,30	1250,40	03:43,00	1194,00	03:47,70	1137,60	03:52,40	1081,20
03:38,40	1249,20	03:43,10	1192,80	03:47,80	1136,40	03:52,50	1080,00
03:38,50	1248,00	03:43,20	1191,60	03:47,90	1135,20	03:52,60	1078,80
03:38,60	1246,80	03:43,30	1190,40	03:48,00	1134,00	03:52,70	1077,60
03:38,70	1245,60	03:43,40	1189,20	03:48,10	1132,80	03:52,80	1076,40
03:38,80	1244,40	03:43,50	1188,00	03:48,20	1131,60	03:52,90	1075,20
03:38,90	1243,20	03:43,60	1186,80	03:48,30	1130,40	03:53,00	1074,00
03:39,00	1242,00	03:43,70	1185,60	03:48,40	1129,20	03:53,10	1072,80

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03:53,20	1071,60	03:57,90	1015,20	04:02,60	958,80	04:07,30	902,40
03:53,30	1070,40	03:58,00	1014,00	04:02,70	957,60	04:07,40	901,20
03:53,40	1069,20	03:58,10	1012,80	04:02,80	956,40	04:07,50	900,00
03:53,50	1068,00	03:58,20	1011,60	04:02,90	955,20	04:07,60	898,80
03:53,60	1066,80	03:58,30	1010,40	04:03,00	954,00	04:07,70	897,60
03:53,70	1065,60	03:58,40	1009,20	04:03,10	952,80	04:07,80	896,40
03:53,80	1064,40	03:58,50	1008,00	04:03,20	951,60	04:07,90	895,20
03:53,90	1063,20	03:58,60	1006,80	04:03,30	950,40	04:08,00	894,00
03:54,00	1062,00	03:58,70	1005,60	04:03,40	949,20	04:08,10	892,80
03:54,10	1060,80	03:58,80	1004,40	04:03,50	948,00	04:08,20	891,60
03:54,20	1059,60	03:58,90	1003,20	04:03,60	946,80	04:08,30	890,40
03:54,30	1058,40	03:59,00	1002,00	04:03,70	945,60	04:08,40	889,20
03:54,40	1057,20	03:59,10	1000,80	04:03,80	944,40	04:08,50	888,00
03:54,50	1056,00	03:59,20	999,60	04:03,90	943,20	04:08,60	886,80
03:54,60	1054,80	03:59,30	998,40	04:04,00	942,00	04:08,70	885,60
03:54,70	1053,60	03:59,40	997,20	04:04,10	940,80	04:08,80	884,40
03:54,80	1052,40	03:59,50	996,00	04:04,20	939,60	04:08,90	883,20
03:54,90	1051,20	03:59,60	994,80	04:04,30	938,40	04:09,00	882,00
03:55,00	1050,00	03:59,70	993,60	04:04,40	937,20	04:09,10	880,80
03:55,10	1048,80	03:59,80	992,40	04:04,50	936,00	04:09,20	879,60
03:55,20	1047,60	03:59,90	991,20	04:04,60	934,80	04:09,30	878,40
03:55,30	1046,40	04:00,00	990,00	04:04,70	933,60	04:09,40	877,20
03:55,40	1045,20	04:00,10	988,80	04:04,80	932,40	04:09,50	876,00
03:55,50	1044,00	04:00,20	987,60	04:04,90	931,20	04:09,60	874,80
03:55,60	1042,80	04:00,30	986,40	04:05,00	930,00	04:09,70	873,60
03:55,70	1041,60	04:00,40	985,20	04:05,10	928,80	04:09,80	872,40
03:55,80	1040,40	04:00,50	984,00	04:05,20	927,60	04:09,90	871,20
03:55,90	1039,20	04:00,60	982,80	04:05,30	926,40	04:10,00	870,00
03:56,00	1038,00	04:00,70	981,60	04:05,40	925,20	04:10,10	868,80
03:56,10	1036,80	04:00,80	980,40	04:05,50	924,00	04:10,20	867,60
03:56,20	1035,60	04:00,90	979,20	04:05,60	922,80	04:10,30	866,40
03:56,30	1034,40	04:01,00	978,00	04:05,70	921,60	04:10,40	865,20
03:56,40	1033,20	04:01,10	976,80	04:05,80	920,40	04:10,50	864,00
03:56,50	1032,00	04:01,20	975,60	04:05,90	919,20	04:10,60	862,80
03:56,60	1030,80	04:01,30	974,40	04:06,00	918,00	04:10,70	861,60
03:56,70	1029,60	04:01,40	973,20	04:06,10	916,80	04:10,80	860,40
03:56,80	1028,40	04:01,50	972,00	04:06,20	915,60	04:10,90	859,20
03:56,90	1027,20	04:01,60	970,80	04:06,30	914,40	04:11,00	858,00
03:57,00	1026,00	04:01,70	969,60	04:06,40	913,20	04:11,10	856,80
03:57,10	1024,80	04:01,80	968,40	04:06,50	912,00	04:11,20	855,60
03:57,20	1023,60	04:01,90	967,20	04:06,60	910,80	04:11,30	854,40
03:57,30	1022,40	04:02,00	966,00	04:06,70	909,60	04:11,40	853,20
03:57,40	1021,20	04:02,10	964,80	04:06,80	908,40	04:11,50	852,00
03:57,50	1020,00	04:02,20	963,60	04:06,90	907,20	04:11,60	850,80
03:57,60	1018,80	04:02,30	962,40	04:07,00	906,00	04:11,70	849,60
03:57,70	1017,60	04:02,40	961,20	04:07,10	904,80	04:11,80	848,40
03:57,80	1016,40	04:02,50	960,00	04:07,20	903,60	04:11,90	847,20

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Sec	Points	Sec	Points	Sec	Points	Sec	Points
04:12,00	846,00	04:16,70	789,60	04:21,40	733,20	04:26,10	676,80
04:12,10	844,80	04:16,80	788,40	04:21,50	732,00	04:26,20	675,60
04:12,20	843,60	04:16,90	787,20	04:21,60	730,80	04:26,30	674,40
04:12,30	842,40	04:17,00	786,00	04:21,70	729,60	04:26,40	673,20
04:12,40	841,20	04:17,10	784,80	04:21,80	728,40	04:26,50	672,00
04:12,50	840,00	04:17,20	783,60	04:21,90	727,20	04:26,60	670,80
04:12,60	838,80	04:17,30	782,40	04:22,00	726,00	04:26,70	669,60
04:12,70	837,60	04:17,40	781,20	04:22,10	724,80	04:26,80	668,40
04:12,80	836,40	04:17,50	780,00	04:22,20	723,60	04:26,90	667,20
04:12,90	835,20	04:17,60	778,80	04:22,30	722,40	04:27,00	666,00
04:13,00	834,00	04:17,70	777,60	04:22,40	721,20	04:27,10	664,80
04:13,10	832,80	04:17,80	776,40	04:22,50	720,00	04:27,20	663,60
04:13,20	831,60	04:17,90	775,20	04:22,60	718,80	04:27,30	662,40
04:13,30	830,40	04:18,00	774,00	04:22,70	717,60	04:27,40	661,20
04:13,40	829,20	04:18,10	772,80	04:22,80	716,40	04:27,50	660,00
04:13,50	828,00	04:18,20	771,60	04:22,90	715,20	04:27,60	658,80
04:13,60	826,80	04:18,30	770,40	04:23,00	714,00	04:27,70	657,60
04:13,70	825,60	04:18,40	769,20	04:23,10	712,80	04:27,80	656,40
04:13,80	824,40	04:18,50	768,00	04:23,20	711,60	04:27,90	655,20
04:13,90	823,20	04:18,60	766,80	04:23,30	710,40	04:28,00	654,00
04:14,00	822,00	04:18,70	765,60	04:23,40	709,20	04:28,10	652,80
04:14,10	820,80	04:18,80	764,40	04:23,50	708,00	04:28,20	651,60
04:14,20	819,60	04:18,90	763,20	04:23,60	706,80	04:28,30	650,40
04:14,30	818,40	04:19,00	762,00	04:23,70	705,60	04:28,40	649,20
04:14,40	817,20	04:19,10	760,80	04:23,80	704,40	04:28,50	648,00
04:14,50	816,00	04:19,20	759,60	04:23,90	703,20	04:28,60	646,80
04:14,60	814,80	04:19,30	758,40	04:24,00	702,00	04:28,70	645,60
04:14,70	813,60	04:19,40	757,20	04:24,10	700,80	04:28,80	644,40
04:14,80	812,40	04:19,50	756,00	04:24,20	699,60	04:28,90	643,20
04:14,90	811,20	04:19,60	754,80	04:24,30	698,40	04:29,00	642,00
04:15,00	810,00	04:19,70	753,60	04:24,40	697,20	04:29,10	640,80
04:15,10	808,80	04:19,80	752,40	04:24,50	696,00	04:29,20	639,60
04:15,20	807,60	04:19,90	751,20	04:24,60	694,80	04:29,30	638,40
04:15,30	806,40	04:20,00	750,00	04:24,70	693,60	04:29,40	637,20
04:15,40	805,20	04:20,10	748,80	04:24,80	692,40	04:29,50	636,00
04:15,50	804,00	04:20,20	747,60	04:24,90	691,20	04:29,60	634,80
04:15,60	802,80	04:20,30	746,40	04:25,00	690,00	04:29,70	633,60
04:15,70	801,60	04:20,40	745,20	04:25,10	688,80	04:29,80	632,40
04:15,80	800,40	04:20,50	744,00	04:25,20	687,60	04:29,90	631,20
04:15,90	799,20	04:20,60	742,80	04:25,30	686,40	04:30,00	630,00
04:16,00	798,00	04:20,70	741,60	04:25,40	685,20	04:30,10	628,80
04:16,10	796,80	04:20,80	740,40	04:25,50	684,00	04:30,20	627,60
04:16,20	795,60	04:20,90	739,20	04:25,60	682,80	04:30,30	626,40
04:16,30	794,40	04:21,00	738,00	04:25,70	681,60	04:30,40	625,20
04:16,40	793,20	04:21,10	736,80	04:25,80	680,40	04:30,50	624,00
04:16,50	792,00	04:21,20	735,60	04:25,90	679,20	04:30,60	622,80
04:16,60	790,80	04:21,30	734,40	04:26,00	678,00	04:30,70	621,60

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Sec	Points	Sec	Points	Sec	Points	Sec	Points
04:30,80	620,40	04:35,50	564,00	04:40,20	507,60	04:44,90	451,20
04:30,90	619,20	04:35,60	562,80	04:40,30	506,40	04:45,00	450,00
04:31,00	618,00	04:35,70	561,60	04:40,40	505,20	04:45,10	448,80
04:31,10	616,80	04:35,80	560,40	04:40,50	504,00	04:45,20	447,60
04:31,20	615,60	04:35,90	559,20	04:40,60	502,80	04:45,30	446,40
04:31,30	614,40	04:36,00	558,00	04:40,70	501,60	04:45,40	445,20
04:31,40	613,20	04:36,10	556,80	04:40,80	500,40	04:45,50	444,00
04:31,50	612,00	04:36,20	555,60	04:40,90	499,20	04:45,60	442,80
04:31,60	610,80	04:36,30	554,40	04:41,00	498,00	04:45,70	441,60
04:31,70	609,60	04:36,40	553,20	04:41,10	496,80	04:45,80	440,40
04:31,80	608,40	04:36,50	552,00	04:41,20	495,60	04:45,90	439,20
04:31,90	607,20	04:36,60	550,80	04:41,30	494,40	04:46,00	438,00
04:32,00	606,00	04:36,70	549,60	04:41,40	493,20	04:46,10	436,80
04:32,10	604,80	04:36,80	548,40	04:41,50	492,00	04:46,20	435,60
04:32,20	603,60	04:36,90	547,20	04:41,60	490,80	04:46,30	434,40
04:32,30	602,40	04:37,00	546,00	04:41,70	489,60	04:46,40	433,20
04:32,40	601,20	04:37,10	544,80	04:41,80	488,40	04:46,50	432,00
04:32,50	600,00	04:37,20	543,60	04:41,90	487,20	04:46,60	430,80
04:32,60	598,80	04:37,30	542,40	04:42,00	486,00	04:46,70	429,60
04:32,70	597,60	04:37,40	541,20	04:42,10	484,80	04:46,80	428,40
04:32,80	596,40	04:37,50	540,00	04:42,20	483,60	04:46,90	427,20
04:32,90	595,20	04:37,60	538,80	04:42,30	482,40	04:47,00	426,00
04:33,00	594,00	04:37,70	537,60	04:42,40	481,20	04:47,10	424,80
04:33,10	592,80	04:37,80	536,40	04:42,50	480,00	04:47,20	423,60
04:33,20	591,60	04:37,90	535,20	04:42,60	478,80	04:47,30	422,40
04:33,30	590,40	04:38,00	534,00	04:42,70	477,60	04:47,40	421,20
04:33,40	589,20	04:38,10	532,80	04:42,80	476,40	04:47,50	420,00
04:33,50	588,00	04:38,20	531,60	04:42,90	475,20	04:47,60	418,80
04:33,60	586,80	04:38,30	530,40	04:43,00	474,00	04:47,70	417,60
04:33,70	585,60	04:38,40	529,20	04:43,10	472,80	04:47,80	416,40
04:33,80	584,40	04:38,50	528,00	04:43,20	471,60	04:47,90	415,20
04:33,90	583,20	04:38,60	526,80	04:43,30	470,40	04:48,00	414,00
04:34,00	582,00	04:38,70	525,60	04:43,40	469,20	04:48,10	412,80
04:34,10	580,80	04:38,80	524,40	04:43,50	468,00	04:48,20	411,60
04:34,20	579,60	04:38,90	523,20	04:43,60	466,80	04:48,30	410,40
04:34,30	578,40	04:39,00	522,00	04:43,70	465,60	04:48,40	409,20
04:34,40	577,20	04:39,10	520,80	04:43,80	464,40	04:48,50	408,00
04:34,50	576,00	04:39,20	519,60	04:43,90	463,20	04:48,60	406,80
04:34,60	574,80	04:39,30	518,40	04:44,00	462,00	04:48,70	405,60
04:34,70	573,60	04:39,40	517,20	04:44,10	460,80	04:48,80	404,40
04:34,80	572,40	04:39,50	516,00	04:44,20	459,60	04:48,90	403,20
04:34,90	571,20	04:39,60	514,80	04:44,30	458,40	04:49,00	402,00
04:35,00	570,00	04:39,70	513,60	04:44,40	457,20	04:49,10	400,80
04:35,10	568,80	04:39,80	512,40	04:44,50	456,00	04:49,20	399,60
04:35,20	567,60	04:39,90	511,20	04:44,60	454,80	04:49,30	398,40
04:35,30	566,40	04:40,00	510,00	04:44,70	453,60	04:49,40	397,20
04:35,40	565,20	04:40,10	508,80	04:44,80	452,40	04:49,50	396,00

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04:49,60	394,80	04:54,30	338,40	04:59,00	282,00	05:03,70	225,60
04:49,70	393,60	04:54,40	337,20	04:59,10	280,80	05:03,80	224,40
04:49,80	392,40	04:54,50	336,00	04:59,20	279,60	05:03,90	223,20
04:49,90	391,20	04:54,60	334,80	04:59,30	278,40	05:04,00	222,00
04:50,00	390,00	04:54,70	333,60	04:59,40	277,20	05:04,10	220,80
04:50,10	388,80	04:54,80	332,40	04:59,50	276,00	05:04,20	219,60
04:50,20	387,60	04:54,90	331,20	04:59,60	274,80	05:04,30	218,40
04:50,30	386,40	04:55,00	330,00	04:59,70	273,60	05:04,40	217,20
04:50,40	385,20	04:55,10	328,80	04:59,80	272,40	05:04,50	216,00
04:50,50	384,00	04:55,20	327,60	04:59,90	271,20	05:04,60	214,80
04:50,60	382,80	04:55,30	326,40	05:00,00	270,00	05:04,70	213,60
04:50,70	381,60	04:55,40	325,20	05:00,10	268,80	05:04,80	212,40
04:50,80	380,40	04:55,50	324,00	05:00,20	267,60	05:04,90	211,20
04:50,90	379,20	04:55,60	322,80	05:00,30	266,40	05:05,00	210,00
04:51,00	378,00	04:55,70	321,60	05:00,40	265,20	05:05,10	208,80
04:51,10	376,80	04:55,80	320,40	05:00,50	264,00	05:05,20	207,60
04:51,20	375,60	04:55,90	319,20	05:00,60	262,80	05:05,30	206,40
04:51,30	374,40	04:56,00	318,00	05:00,70	261,60	05:05,40	205,20
04:51,40	373,20	04:56,10	316,80	05:00,80	260,40	05:05,50	204,00
04:51,50	372,00	04:56,20	315,60	05:00,90	259,20	05:05,60	202,80
04:51,60	370,80	04:56,30	314,40	05:01,00	258,00	05:05,70	201,60
04:51,70	369,60	04:56,40	313,20	05:01,10	256,80	05:05,80	200,40
04:51,80	368,40	04:56,50	312,00	05:01,20	255,60	05:05,90	199,20
04:51,90	367,20	04:56,60	310,80	05:01,30	254,40	05:06,00	198,00
04:52,00	366,00	04:56,70	309,60	05:01,40	253,20	05:06,10	196,80
04:52,10	364,80	04:56,80	308,40	05:01,50	252,00	05:06,20	195,60
04:52,20	363,60	04:56,90	307,20	05:01,60	250,80	05:06,30	194,40
04:52,30	362,40	04:57,00	306,00	05:01,70	249,60	05:06,40	193,20
04:52,40	361,20	04:57,10	304,80	05:01,80	248,40	05:06,50	192,00
04:52,50	360,00	04:57,20	303,60	05:01,90	247,20	05:06,60	190,80
04:52,60	358,80	04:57,30	302,40	05:02,00	246,00	05:06,70	189,60
04:52,70	357,60	04:57,40	301,20	05:02,10	244,80	05:06,80	188,40
04:52,80	356,40	04:57,50	300,00	05:02,20	243,60	05:06,90	187,20
04:52,90	355,20	04:57,60	298,80	05:02,30	242,40	05:07,00	186,00
04:53,00	354,00	04:57,70	297,60	05:02,40	241,20	05:07,10	184,80
04:53,10	352,80	04:57,80	296,40	05:02,50	240,00	05:07,20	183,60
04:53,20	351,60	04:57,90	295,20	05:02,60	238,80	05:07,30	182,40
04:53,30	350,40	04:58,00	294,00	05:02,70	237,60	05:07,40	181,20
04:53,40	349,20	04:58,10	292,80	05:02,80	236,40	05:07,50	180,00
04:53,50	348,00	04:58,20	291,60	05:02,90	235,20	05:07,60	178,80
04:53,60	346,80	04:58,30	290,40	05:03,00	234,00	05:07,70	177,60
04:53,70	345,60	04:58,40	289,20	05:03,10	232,80	05:07,80	176,40
04:53,80	344,40	04:58,50	288,00	05:03,20	231,60	05:07,90	175,20
04:53,90	343,20	04:58,60	286,80	05:03,30	230,40	05:08,00	174,00
04:54,00	342,00	04:58,70	285,60	05:03,40	229,20	05:08,10	172,80
04:54,10	340,80	04:58,80	284,40	05:03,50	228,00	05:08,20	171,60
04:54,20	339,60	04:58,90	283,20	05:03,60	226,80	05:08,30	170,40

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05:08,40	169,20	05:13,10	112,80	05:17,80	56,40	05:22,50	0,00
05:08,50	168,00	05:13,20	111,60	05:17,90	55,20		
05:08,60	166,80	05:13,30	110,40	05:18,00	54,00		
05:08,70	165,60	05:13,40	109,20	05:18,10	52,80		
05:08,80	164,40	05:13,50	108,00	05:18,20	51,60		
05:08,90	163,20	05:13,60	106,80	05:18,30	50,40		
05:09,00	162,00	05:13,70	105,60	05:18,40	49,20		
05:09,10	160,80	05:13,80	104,40	05:18,50	48,00		
05:09,20	159,60	05:13,90	103,20	05:18,60	46,80		
05:09,30	158,40	05:14,00	102,00	05:18,70	45,60		
05:09,40	157,20	05:14,10	100,80	05:18,80	44,40		
05:09,50	156,00	05:14,20	99,60	05:18,90	43,20		
05:09,60	154,80	05:14,30	98,40	05:19,00	42,00		
05:09,70	153,60	05:14,40	97,20	05:19,10	40,80		
05:09,80	152,40	05:14,50	96,00	05:19,20	39,60		
05:09,90	151,20	05:14,60	94,80	05:19,30	38,40		
05:10,00	150,00	05:14,70	93,60	05:19,40	37,20		
05:10,10	148,80	05:14,80	92,40	05:19,50	36,00		
05:10,20	147,60	05:14,90	91,20	05:19,60	34,80		
05:10,30	146,40	05:15,00	90,00	05:19,70	33,60		
05:10,40	145,20	05:15,10	88,80	05:19,80	32,40		
05:10,50	144,00	05:15,20	87,60	05:19,90	31,20		
05:10,60	142,80	05:15,30	86,40	05:20,00	30,00		
05:10,70	141,60	05:15,40	85,20	05:20,10	28,80		
05:10,80	140,40	05:15,50	84,00	05:20,20	27,60		
05:10,90	139,20	05:15,60	82,80	05:20,30	26,40		
05:11,00	138,00	05:15,70	81,60	05:20,40	25,20		
05:11,10	136,80	05:15,80	80,40	05:20,50	24,00		
05:11,20	135,60	05:15,90	79,20	05:20,60	22,80		
05:11,30	134,40	05:16,00	78,00	05:20,70	21,60		
05:11,40	133,20	05:16,10	76,80	05:20,80	20,40		
05:11,50	132,00	05:16,20	75,60	05:20,90	19,20		
05:11,60	130,80	05:16,30	74,40	05:21,00	18,00		
05:11,70	129,60	05:16,40	73,20	05:21,10	16,80		
05:11,80	128,40	05:16,50	72,00	05:21,20	15,60		
05:11,90	127,20	05:16,60	70,80	05:21,30	14,40		
05:12,00	126,00	05:16,70	69,60	05:21,40	13,20		
05:12,10	124,80	05:16,80	68,40	05:21,50	12,00		
05:12,20	123,60	05:16,90	67,20	05:21,60	10,80		
05:12,30	122,40	05:17,00	66,00	05:21,70	9,60		
05:12,40	121,20	05:17,10	64,80	05:21,80	8,40		
05:12,50	120,00	05:17,20	63,60	05:21,90	7,20		
05:12,60	118,80	05:17,30	62,40	05:22,00	6,00		
05:12,70	117,60	05:17,40	61,20	05:22,10	4,80		
05:12,80	116,40	05:17,50	60,00	05:22,20	3,60		
05:12,90	115,20	05:17,60	58,80	05:22,30	2,40		
05:13,00	114,00	05:17,70	57,60	05:22,40	1,20		

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POINTS TABLE FOR UTILITY SWIMMING

A time of 44.0 seconds gives 1100 points. Every second (0.1 sec), over (under) this time gives 27 points
(2.7 pts.) less (more) down 0 point.

Sec	Points	Sec	Points	Sec	Points
00:35,00	1343,00	00:38,50	1248,50	00:42,00	1154,00
00:35,10	1340,30	00:38,60	1245,80	00:42,10	1151,30
00:35,20	1337,60	00:38,70	1243,10	00:42,20	1148,60
00:35,30	1334,90	00:38,80	1240,40	00:42,30	1145,90
00:35,40	1332,20	00:38,90	1237,70	00:42,40	1143,20
00:35,50	1329,50	00:39,00	1235,00	00:42,50	1140,50
00:35,60	1326,80	00:39,10	1232,30	00:42,60	1137,80
00:35,70	1324,10	00:39,20	1229,60	00:42,70	1135,10
00:35,80	1321,40	00:39,30	1226,90	00:42,80	1132,40
00:35,90	1318,70	00:39,40	1224,20	00:42,90	1129,70
00:36,00	1316,00	00:39,50	1221,50	00:43,00	1127,00
00:36,10	1313,30	00:39,60	1218,80	00:43,10	1124,30
00:36,20	1310,60	00:39,70	1216,10	00:43,20	1121,60
00:36,30	1307,90	00:39,80	1213,40	00:43,30	1118,90
00:36,40	1305,20	00:39,90	1210,70	00:43,40	1116,20
00:36,50	1302,50	00:40,00	1208,00	00:43,50	1113,50
00:36,60	1299,80	00:40,10	1205,30	00:43,60	1110,80
00:36,70	1297,10	00:40,20	1202,60	00:43,70	1108,10
00:36,80	1294,40	00:40,30	1199,90	00:43,80	1105,40
00:36,90	1291,70	00:40,40	1197,20	00:43,90	1102,70
00:37,00	1289,00	00:40,50	1194,50	00:44,00	1100,00
00:37,10	1286,30	00:40,60	1191,80	00:44,10	1097,30
00:37,20	1283,60	00:40,70	1189,10	00:44,20	1094,60
00:37,30	1280,90	00:40,80	1186,40	00:44,30	1091,90
00:37,40	1278,20	00:40,90	1183,70	00:44,40	1089,20
00:37,50	1275,50	00:41,00	1181,00	00:44,50	1086,50
00:37,60	1272,80	00:41,10	1178,30	00:44,60	1083,80
00:37,70	1270,10	00:41,20	1175,60	00:44,70	1081,10
00:37,80	1267,40	00:41,30	1172,90	00:44,80	1078,40
00:37,90	1264,70	00:41,40	1170,20	00:44,90	1075,70
00:38,00	1262,00	00:41,50	1167,50	00:45,00	1073,00
00:38,10	1259,30	00:41,60	1164,80	00:45,10	1070,30
00:38,20	1256,60	00:41,70	1162,10	00:45,20	1067,60
00:38,30	1253,90	00:41,80	1159,40	00:45,30	1064,90
00:38,40	1251,20	00:41,90	1156,70	00:45,40	1062,20

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Sec	Points	Sec	Points	Sec	Points
00:45,50	1059,50	00:50,00	938,00	00:54,50	816,50
00:45,60	1056,80	00:50,10	935,30	00:54,60	813,80
00:45,70	1054,10	00:50,20	932,60	00:54,70	811,10
00:45,80	1051,40	00:50,30	929,90	00:54,80	808,40
00:45,90	1048,70	00:50,40	927,20	00:54,90	805,70
00:46,00	1046,00	00:50,50	924,50	00:55,00	803,00
00:46,10	1043,30	00:50,60	921,80	00:55,10	800,30
00:46,20	1040,60	00:50,70	919,10	00:55,20	797,60
00:46,30	1037,90	00:50,80	916,40	00:55,30	794,90
00:46,40	1035,20	00:50,90	913,70	00:55,40	792,20
00:46,50	1032,50	00:51,00	911,00	00:55,50	789,50
00:46,60	1029,80	00:51,10	908,30	00:55,60	786,80
00:46,70	1027,10	00:51,20	905,60	00:55,70	784,10
00:46,80	1024,40	00:51,30	902,90	00:55,80	781,40
00:46,90	1021,70	00:51,40	900,20	00:55,90	778,70
00:47,00	1019,00	00:51,50	897,50	00:56,00	776,00
00:47,10	1016,30	00:51,60	894,80	00:56,10	773,30
00:47,20	1013,60	00:51,70	892,10	00:56,20	770,60
00:47,30	1010,90	00:51,80	889,40	00:56,30	767,90
00:47,40	1008,20	00:51,90	886,70	00:56,40	765,20
00:47,50	1005,50	00:52,00	884,00	00:56,50	762,50
00:47,60	1002,80	00:52,10	881,30	00:56,60	759,80
00:47,70	1000,10	00:52,20	878,60	00:56,70	757,10
00:47,80	997,40	00:52,30	875,90	00:56,80	754,40
00:47,90	994,70	00:52,40	873,20	00:56,90	751,70
00:48,00	992,00	00:52,50	870,50	00:57,00	749,00
00:48,10	989,30	00:52,60	867,80	00:57,10	746,30
00:48,20	986,60	00:52,70	865,10	00:57,20	743,60
00:48,30	983,90	00:52,80	862,40	00:57,30	740,90
00:48,40	981,20	00:52,90	859,70	00:57,40	738,20
00:48,50	978,50	00:53,00	857,00	00:57,50	735,50
00:48,60	975,80	00:53,10	854,30	00:57,60	732,80
00:48,70	973,10	00:53,20	851,60	00:57,70	730,10
00:48,80	970,40	00:53,30	848,90	00:57,80	727,40
00:48,90	967,70	00:53,40	846,20	00:57,90	724,70
00:49,00	965,00	00:53,50	843,50	00:58,00	722,00
00:49,10	962,30	00:53,60	840,80	00:58,10	719,30
00:49,20	959,60	00:53,70	838,10	00:58,20	716,60
00:49,30	956,90	00:53,80	835,40	00:58,30	713,90
00:49,40	954,20	00:53,90	832,70	00:58,40	711,20
00:49,50	951,50	00:54,00	830,00	00:58,50	708,50
00:49,60	948,80	00:54,10	827,30	00:58,60	705,80
00:49,70	946,10	00:54,20	824,60	00:58,70	703,10
00:49,80	943,40	00:54,30	821,90	00:58,80	700,40
00:49,90	940,70	00:54,40	819,20	00:58,90	697,70

CIOR Military Competition
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Sec	Points	Sec	Points	Sec	Points
00:59,00	695,00	01:03,50	573,50	01:08,00	452,00
00:59,10	692,30	01:03,60	570,80	01:08,10	449,30
00:59,20	689,60	01:03,70	568,10	01:08,20	446,60
00:59,30	686,90	01:03,80	565,40	01:08,30	443,90
00:59,40	684,20	01:03,90	562,70	01:08,40	441,20
00:59,50	681,50	01:04,00	560,00	01:08,50	438,50
00:59,60	678,80	01:04,10	557,30	01:08,60	435,80
00:59,70	676,10	01:04,20	554,60	01:08,70	433,10
00:59,80	673,40	01:04,30	551,90	01:08,80	430,40
00:59,90	670,70	01:04,40	549,20	01:08,90	427,70
01:00,00	668,00	01:04,50	546,50	01:09,00	425,00
01:00,10	665,30	01:04,60	543,80	01:09,10	422,30
01:00,20	662,60	01:04,70	541,10	01:09,20	419,60
01:00,30	659,90	01:04,80	538,40	01:09,30	416,90
01:00,40	657,20	01:04,90	535,70	01:09,40	414,20
01:00,50	654,50	01:05,00	533,00	01:09,50	411,50
01:00,60	651,80	01:05,10	530,30	01:09,60	408,80
01:00,70	649,10	01:05,20	527,60	01:09,70	406,10
01:00,80	646,40	01:05,30	524,90	01:09,80	403,40
01:00,90	643,70	01:05,40	522,20	01:09,90	400,70
01:01,00	641,00	01:05,50	519,50	01:10,00	398,00
01:01,10	638,30	01:05,60	516,80	01:10,10	395,30
01:01,20	635,60	01:05,70	514,10	01:10,20	392,60
01:01,30	632,90	01:05,80	511,40	01:10,30	389,90
01:01,40	630,20	01:05,90	508,70	01:10,40	387,20
01:01,50	627,50	01:06,00	506,00	01:10,50	384,50
01:01,60	624,80	01:06,10	503,30	01:10,60	381,80
01:01,70	622,10	01:06,20	500,60	01:10,70	379,10
01:01,80	619,40	01:06,30	497,90	01:10,80	376,40
01:01,90	616,70	01:06,40	495,20	01:10,90	373,70
01:02,00	614,00	01:06,50	492,50	01:11,00	371,00
01:02,10	611,30	01:06,60	489,80	01:11,10	368,30
01:02,20	608,60	01:06,70	487,10	01:11,20	365,60
01:02,30	605,90	01:06,80	484,40	01:11,30	362,90
01:02,40	603,20	01:06,90	481,70	01:11,40	360,20
01:02,50	600,50	01:07,00	479,00	01:11,50	357,50
01:02,60	597,80	01:07,10	476,30	01:11,60	354,80
01:02,70	595,10	01:07,20	473,60	01:11,70	352,10
01:02,80	592,40	01:07,30	470,90	01:11,80	349,40
01:02,90	589,70	01:07,40	468,20	01:11,90	346,70
01:03,00	587,00	01:07,50	465,50	01:12,00	344,00
01:03,10	584,30	01:07,60	462,80	01:12,10	341,30
01:03,20	581,60	01:07,70	460,10	01:12,20	338,60
01:03,30	578,90	01:07,80	457,40	01:12,30	335,90
01:03,40	576,20	01:07,90	454,70	01:12,40	333,20

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Permanent Regulations
version: Feb 02

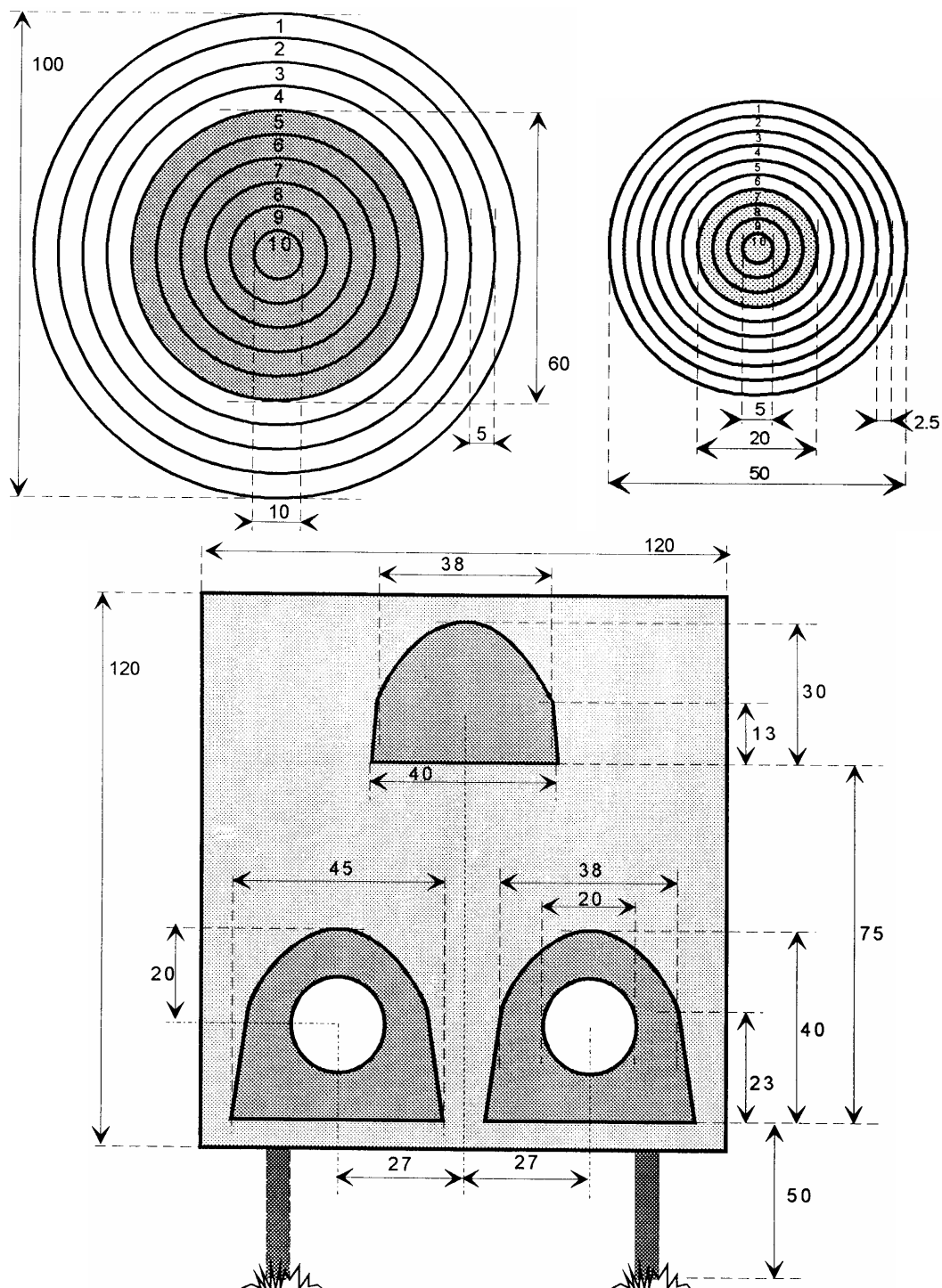


Sec	Points	Sec	Points	Sec	Points
01:12,50	330,50	01:17,00	209,00	01:21,50	87,50
01:12,60	327,80	01:17,10	206,30	01:21,60	84,80
01:12,70	325,10	01:17,20	203,60	01:21,70	82,10
01:12,80	322,40	01:17,30	200,90	01:21,80	79,40
01:12,90	319,70	01:17,40	198,20	01:21,90	76,70
01:13,00	317,00	01:17,50	195,50	01:22,00	74,00
01:13,10	314,30	01:17,60	192,80	01:22,10	71,30
01:13,20	311,60	01:17,70	190,10	01:22,20	68,60
01:13,30	308,90	01:17,80	187,40	01:22,30	65,90
01:13,40	306,20	01:17,90	184,70	01:22,40	63,20
01:13,50	303,50	01:18,00	182,00	01:22,50	60,50
01:13,60	300,80	01:18,10	179,30	01:22,60	57,80
01:13,70	298,10	01:18,20	176,60	01:22,70	55,10
01:13,80	295,40	01:18,30	173,90	01:22,80	52,40
01:13,90	292,70	01:18,40	171,20	01:22,90	49,70
01:14,00	290,00	01:18,50	168,50	01:23,00	47,00
01:14,10	287,30	01:18,60	165,80	01:23,10	44,30
01:14,20	284,60	01:18,70	163,10	01:23,20	41,60
01:14,30	281,90	01:18,80	160,40	01:23,30	38,90
01:14,40	279,20	01:18,90	157,70	01:23,40	36,20
01:14,50	276,50	01:19,00	155,00	01:23,50	33,50
01:14,60	273,80	01:19,10	152,30	01:23,60	30,80
01:14,70	271,10	01:19,20	149,60	01:23,70	28,10
01:14,80	268,40	01:19,30	146,90	01:23,80	25,40
01:14,90	265,70	01:19,40	144,20	01:23,90	22,70
01:15,00	263,00	01:19,50	141,50	01:24,00	20,00
01:15,10	260,30	01:19,60	138,80	01:24,10	17,30
01:15,20	257,60	01:19,70	136,10	01:24,20	14,60
01:15,30	254,90	01:19,80	133,40	01:24,30	11,90
01:15,40	252,20	01:19,90	130,70	01:24,40	9,20
01:15,50	249,50	01:20,00	128,00	01:24,50	6,50
01:15,60	246,80	01:20,10	125,30	01:24,60	3,80
01:15,70	244,10	01:20,20	122,60	01:24,70	1,10
01:15,80	241,40	01:20,30	119,90		
01:15,90	238,70	01:20,40	117,20		
01:16,00	236,00	01:20,50	114,50		
01:16,10	233,30	01:20,60	111,80		
01:16,20	230,60	01:20,70	109,10		
01:16,30	227,90	01:20,80	106,40		
01:16,40	225,20	01:20,90	103,70		
01:16,50	222,50	01:21,00	101,00		
01:16,60	219,80	01:21,10	98,30		
01:16,70	217,10	01:21,20	95,60		
01:16,80	214,40	01:21,30	92,90		



APPENDICES

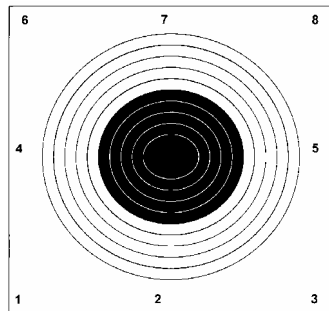
APPENDIX IA : TARGETS AND SILHOUETTES



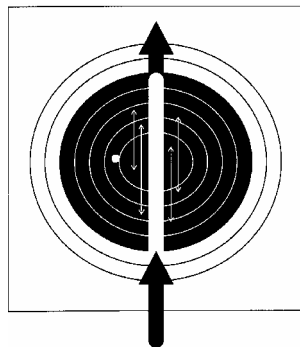


APPENDIX IB : DISC MARKING

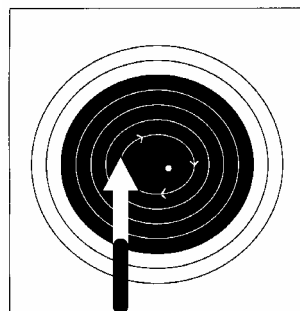
Value of hit



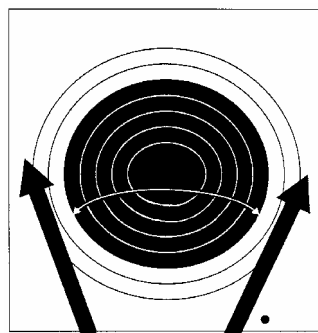
Values 1 to 8



Indication of a « 9 »

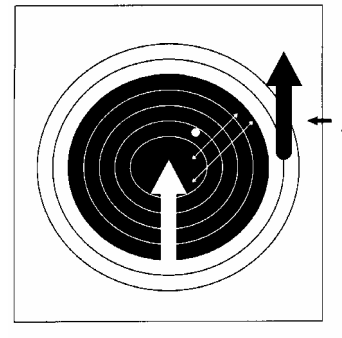


Indication of a « 10 »



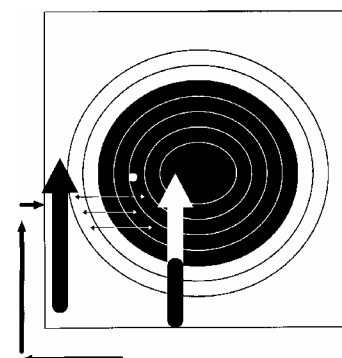
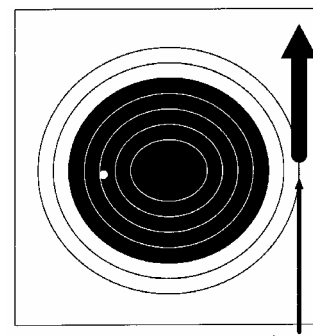
Indication of a « 0 »

Position of hits



Indication sequence

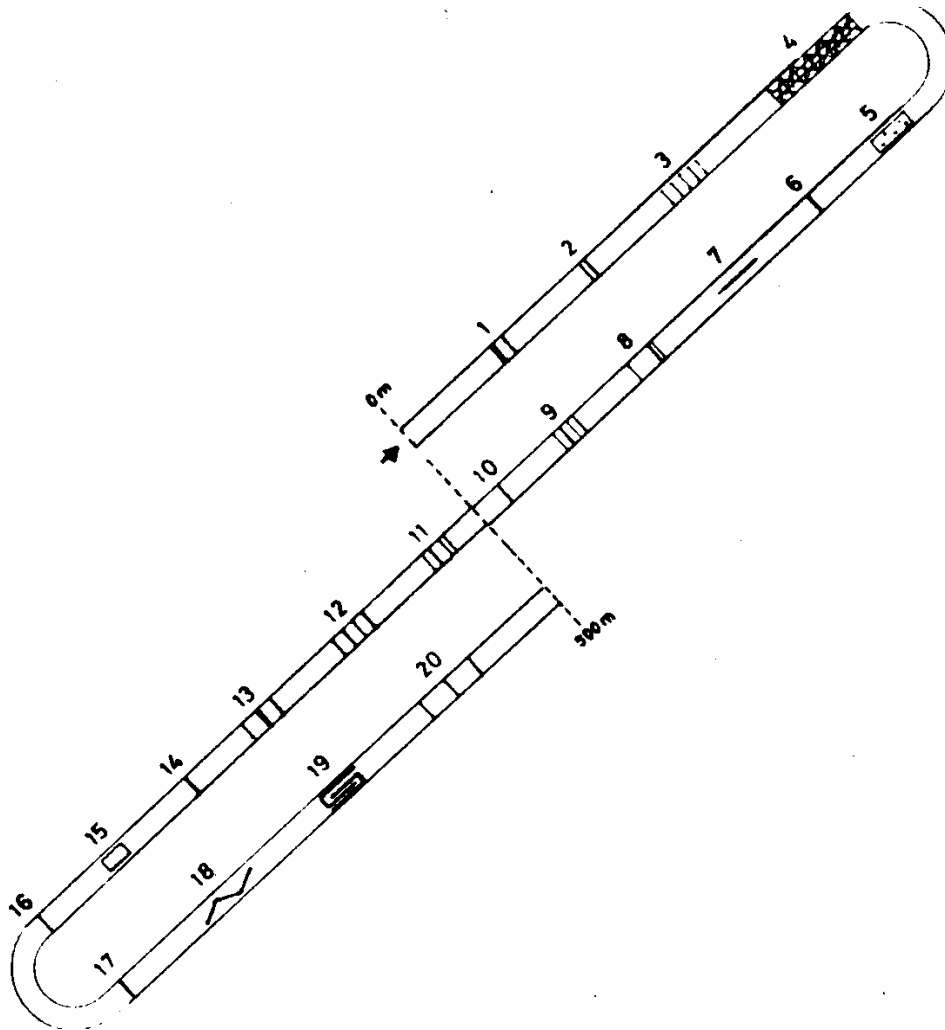
Example of indication



« 8 » at 0900 Hr



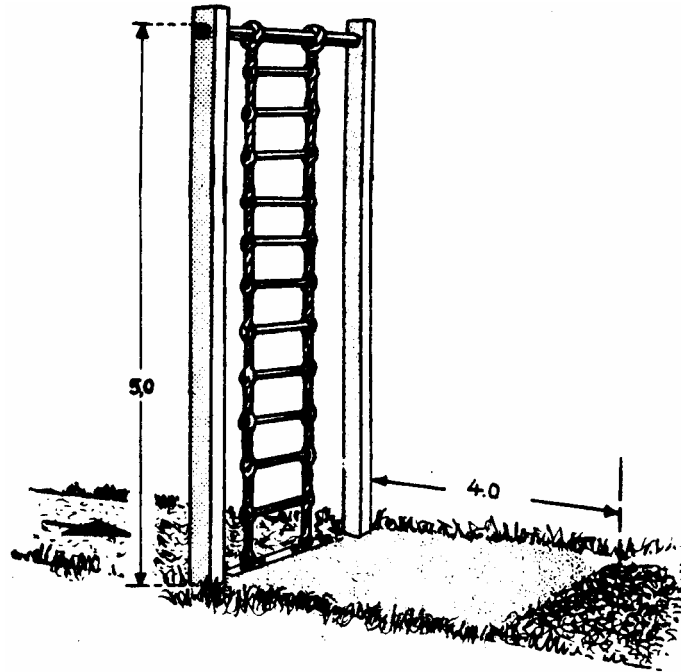
APPENDIX II: OBSTACLE COURSE



DETAILED OBSTACLE COURSE (ONE TYPICAL LANE SCHOWN).
(Corrections CISM 230879)



OBSTACLE NR 1 - ROPE LADDER OR SCALING NET



Characteristics :

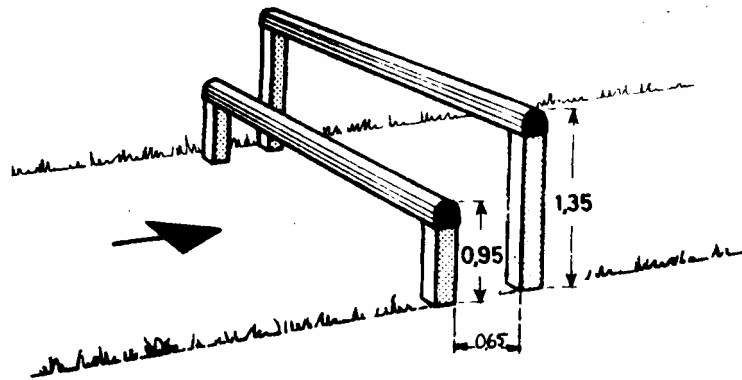
Fixed to the earth	
5 meters high	
Number of steps	11
With	0.5 m
Length of landing pit	4.0 m

Crossing :

Free style climb, cross over the cross-beam and descend or jump to the other side on the prepared earth.



OBSTACLE NR 2 - DOUBLE BEAM



Characteristics :

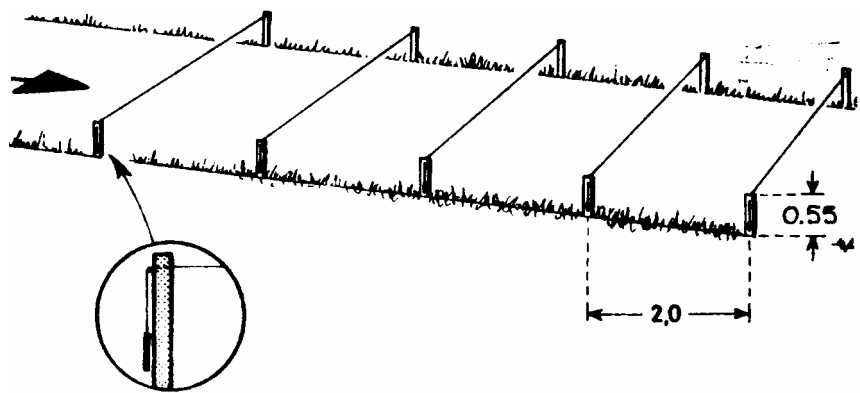
1st beam height 0.95 m, 2nd beam 1.35 m. Distance between the beams (horizontal plane) 0.65 m.

Crossing :

Pass over the first beam, make contact with the earth on the other side, then pass over the second.



OBSTACLE NR 3 - NETWORK OF WIRES (TO BE HURDLED)



Characteristics :

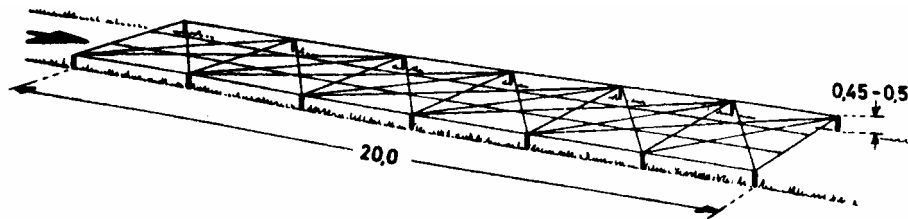
5 smooth wires or elastic cords, coloured or marked to make them very visible, loosely fixed at 0.55 m height and 2 m distance. Diameter of wires minimum 7 mm.

Crossing :

Network of wires to be hurdled. Jump over each of 5 wires successively and in free style. Even if a competitor touches or breaks the wires the crossing is valid.



OBSTACLE NR 4 - NETWORK TO BE CROSSED BY CRAWLING



Characteristics :

Length of network 20 m.

Maximum height 0.45 - 0.50 m. The network must be fixed and be of non-stretchable material.

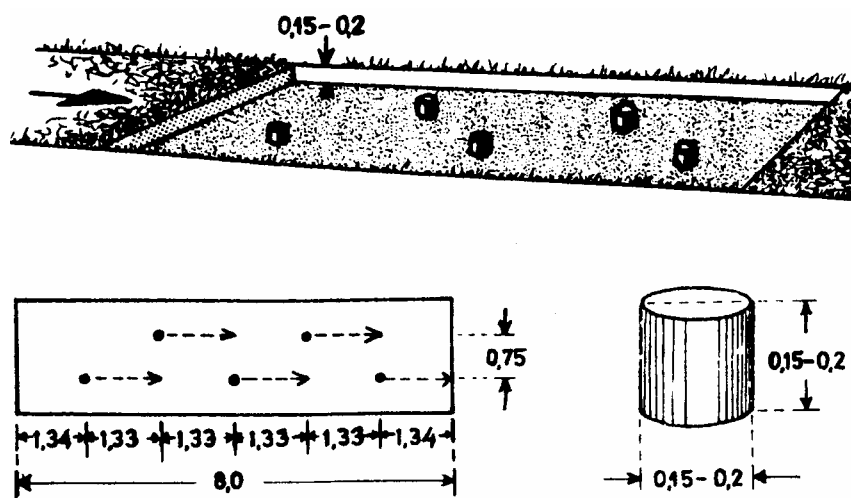
Crossing :

Network must be crossed by crawling.

Crawling style at the competitor's choice.



OBSTACLE NR 5 - FORD



Characteristics :

0.15 - 0.20 m diameter, 0.15 - 0.20 m height. Length of the cord 8 m.

Crossing :

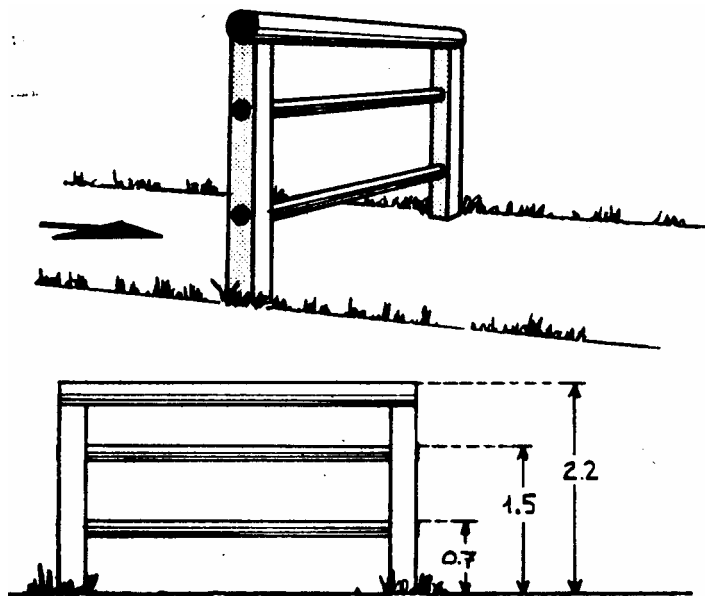
It is forbidden to touch the ground between the pots in the space between the two lines limiting the ford.

« To touch » means to take support. In the case of contact with the ground the competitor must recommence at the first line.

There is no obligation to use all the pots.



OBSTACLE NR 6 - GATE



Characteristics :

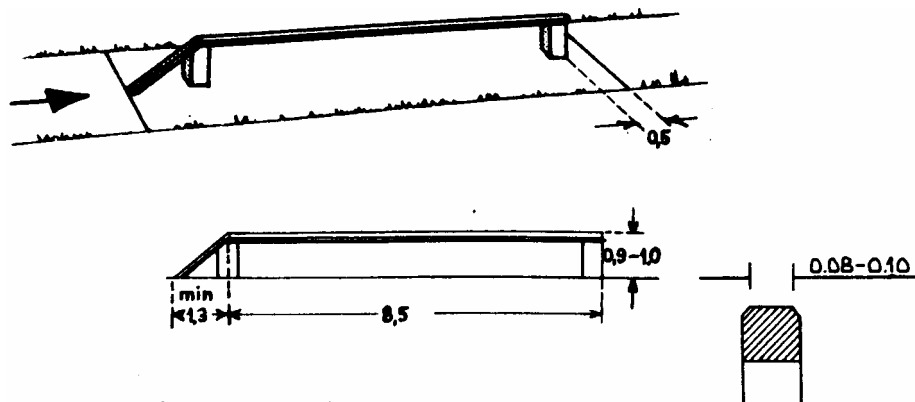
3 Horizontal bars, the highest bar at a height of 2.2 m, the second at 1.5 m, the lowest at 0.7 m.

Crossing :

All styles are permitted on condition that the highest beam is crossed.



OBSTACLE NR 7 - BALANCE BEAM



Characteristics :

Height 0.9 - 1 m, length 8.5 m.

The beam will be round and have a diameter of 0.20 - 0.25 m. Two lines will mark the limits of the obstacle; one at the beginning of the inclined plane, the other at about 0.5 m beyond the end of the beam.

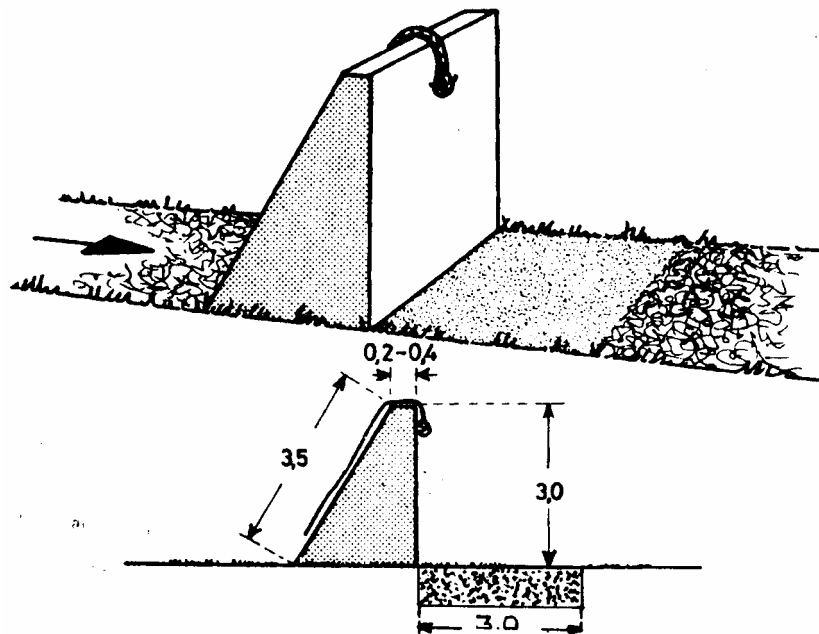
Crossing :

Mount the beam by the inclined plane, or without help of it, and cross it. Then jump to the ground beyond of the line.

Between the two lines all contact with the ground is considered a fault. The competitor must recommence from before the first line.



OBSTACLE NR 8 - SLOPING WALL WITH ROPE



Characteristics :

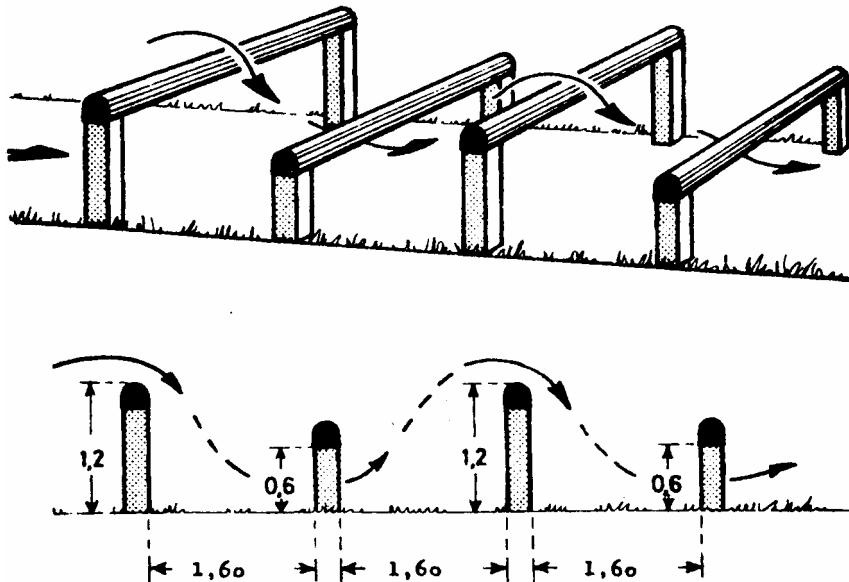
Height 3.5 m along a steeply inclined plane. Maximum jumping height 3 m.

Crossing :

Free style climb with or without using the rope. Cross over the top and jump down on the prepared earth on the opposite side.



OBSTACLE NR 9 - HORIZONTAL BEAMS OVER AND UNDER



Characteristics :

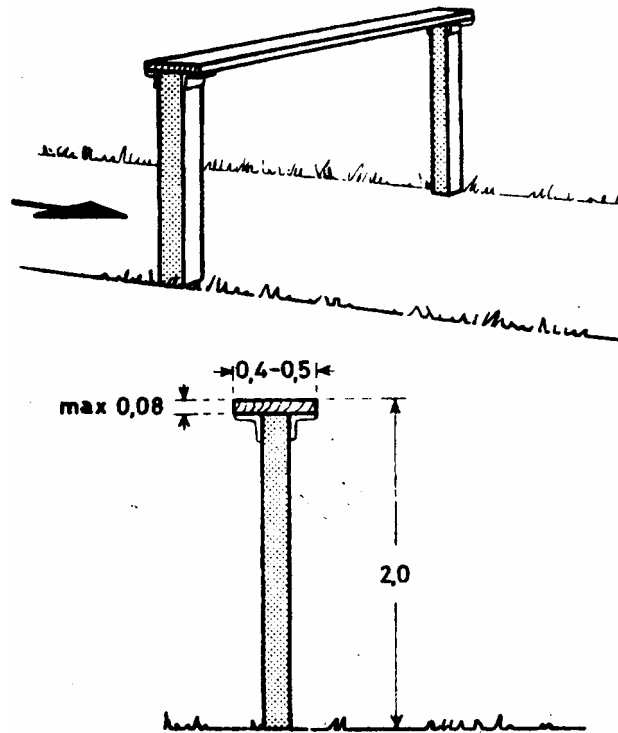
Respective height of the beams 1.20 - 0.60 - 1.20 - 0.60 m. Distance between the beams (horizontal plane) 1.60 m.

Crossing :

Tackle the beams in the following order : Over - under - over - under in a style left to the competitor's choice.



OBSTACLE NR 10 - IRISH TABLE



Characteristics :

Height 2.00 m

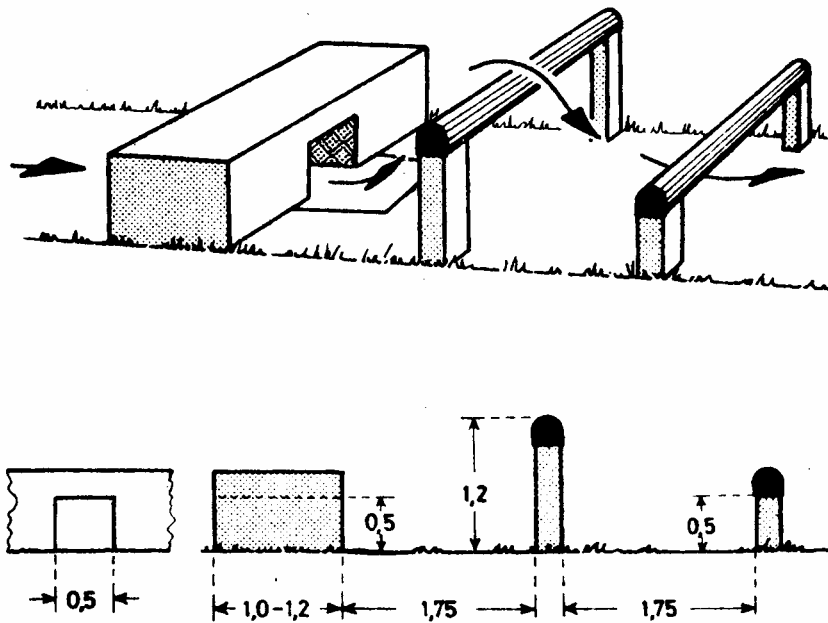
Width 0.40 - 0.50 m

Crossing :

All styles are permitted under the condition that the competitor does not use the uprights and passes over the obstacle in the course direction. To use means to take support.



OBSTACLE NR 11 - TUNNEL AND TWIN BEAMS



Characteristics :

Tunnel of 0.50 m width and 1.10 m in length. Height of the beams : first 1.20 m, second 0.50 m.
Distance between the various parts of the obstacle 1.75 m.
it is permitted to prepare the surface of the tunnel in order to facilitate passing through.

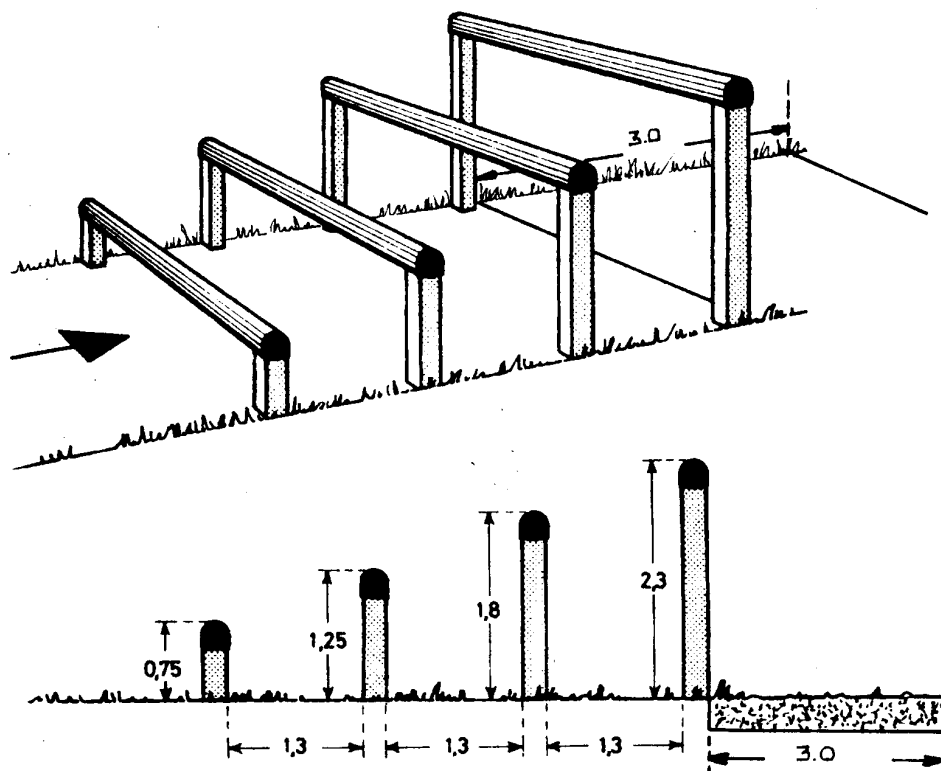
Crossing :

Tackle in the following order :
Through, over, under.



OBSTACLE NR 12 - FOUR STEPS OF BEAMS

Characteristics :



Four horizontal beams.

height : first 0.75 m, second 1.25 m, third 1.80 m and fourth 2.30 m.

length of landing pit 3.0 m

A wooden plank (30 cm to 60 cm wide and about 5 cm thick) covering from the 1st step to the 4th step will be added; the plank will be fixed preferably under the steps. The plank will be set on the exterior corridor in order not to get in other competitor's way.

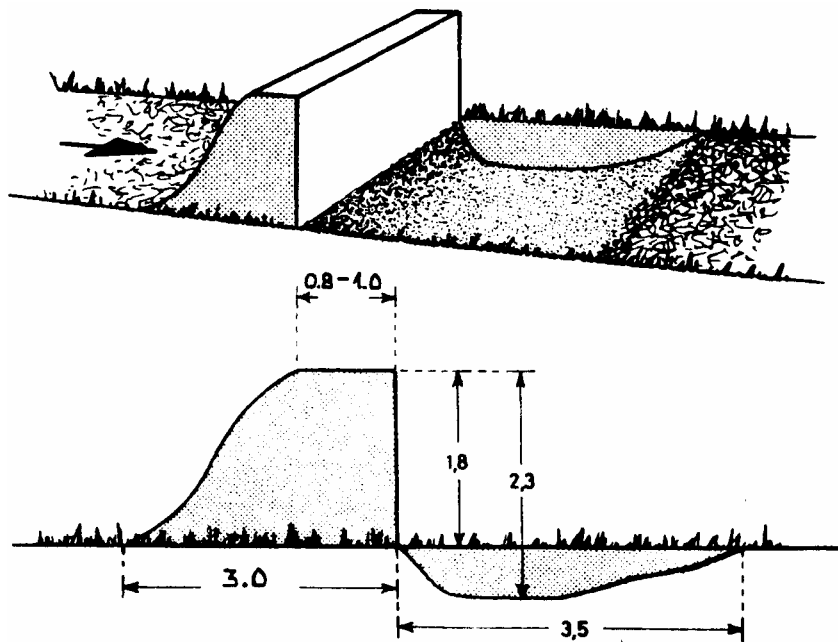
Crossing :

Climb in free style with the condition that at least one foot touches each of the beams, except the fourth.

Only female competitors will be allowed to use the plank to cross the obstacle; for each member using the plank a penalty of 10 seconds will be added to the team's running time. If a male competitor uses the plank, it will be considered as a fault and he will have to repeat the obstacle.



OBSTACLE NR 13 - BANQUETTE AND PIT



Characteristics :

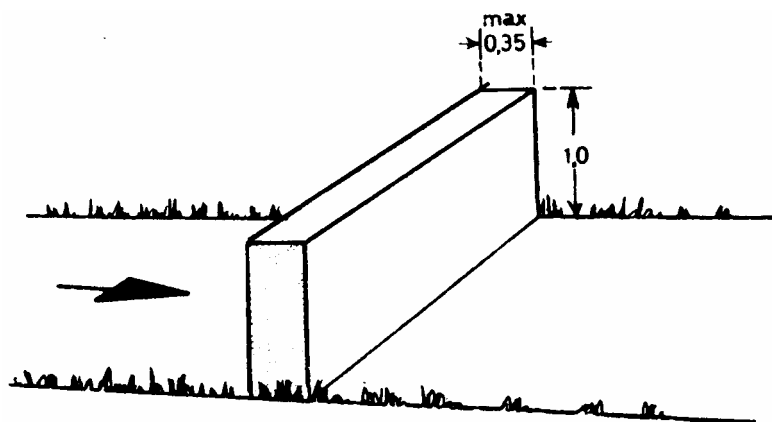
Banquette; height 1.80 m, depth 2.30 m, width of the pit 3.50 m, width of the banquette 1.00 m.

Crossing :

Free style crossing.



OBSTACLE NR 14 - LOW WALL



Characteristics :

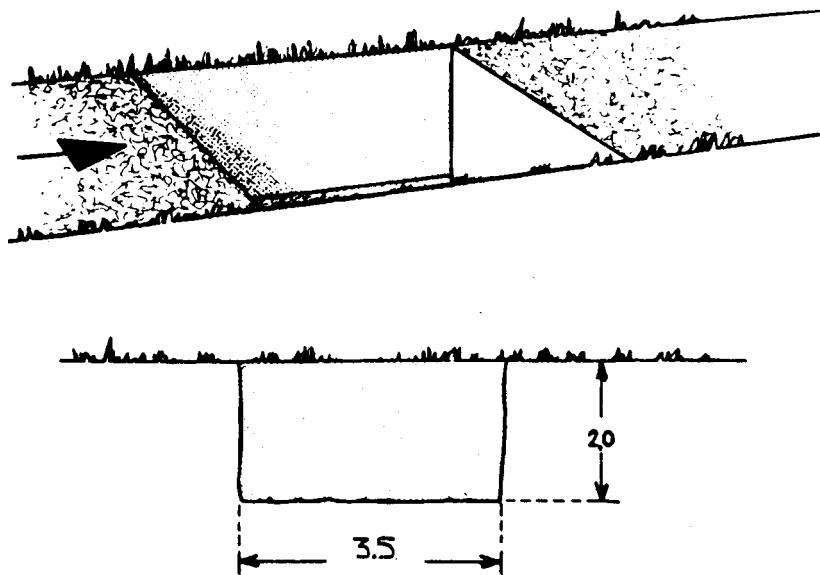
Height; 1 m.
maximum width 0.35 m.

Crossing :

Free style crossing.



OBSTACLE NR 15 - PIT



Characteristics :

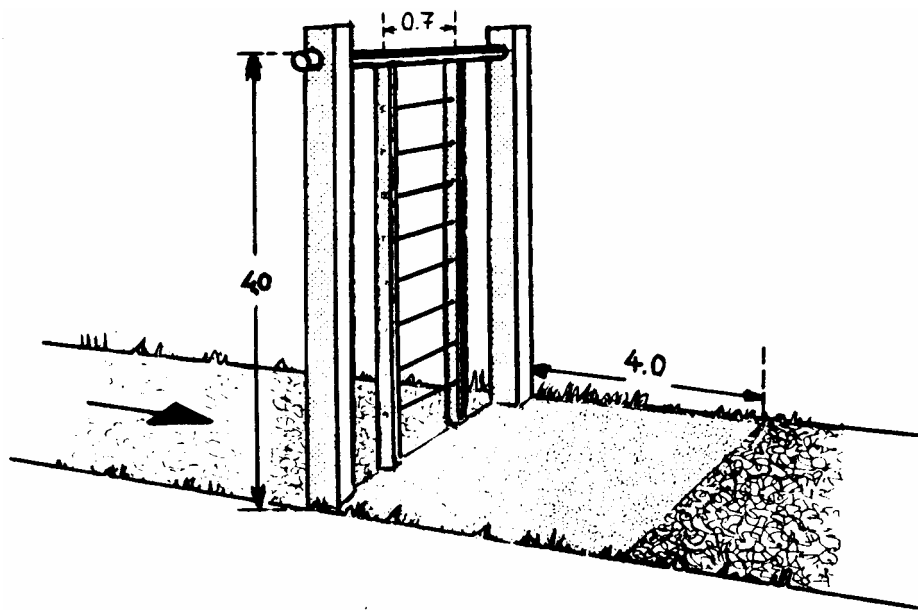
Depth 2 m. The pit's walls are perpendicular. The track above is horizontal and not giving the possibility to have a hold on it. Length 3.50 m. The track above the exit end is horizontal and does not give the possibility of having a hold on it.

Crossing :

Jump into the pit, then climb out without using the angles or the sides.



OBSTACLE NR 16 - VERTICAL LADDER



Characteristics :

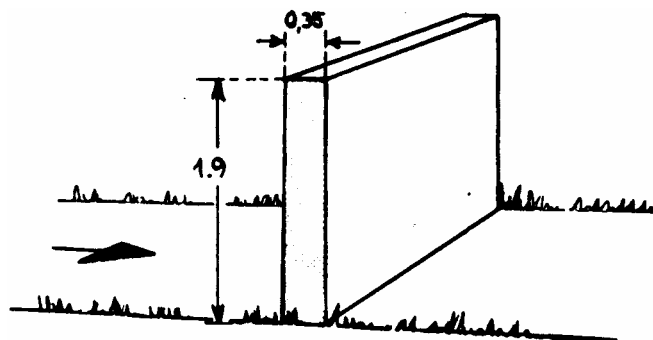
Height 4 m.
Number of steps 8.
Width 0.7 m.
Length of landing pit 4.0 m.

Crossing :

Independent climb, cross over the cross beam and descend or jump down on the opposite side on prepared earth.



OBSTACLE NR 17 - HIGH WALL



Characteristics :

Height 1.90 m.

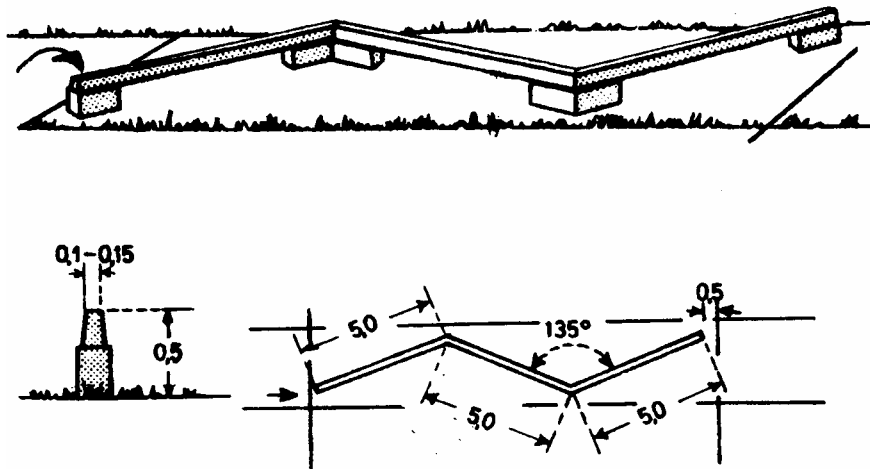
Maximum width 0.35 m.

Crossing :

Free style crossing.



OBSTACLE NR 18 - BALANCE BEAMS



Characteristics :

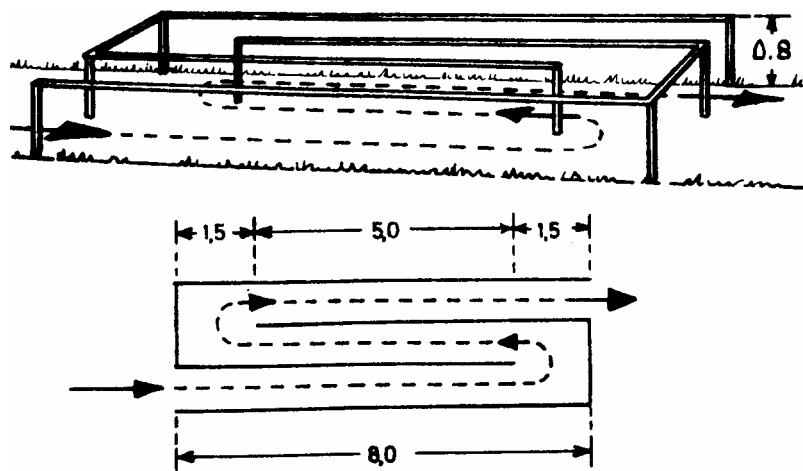
Height 0.50 m, three beams placed obliquely to one another. Length of each beam 5 m. Width of the highest part of the flat beams 0.10 - 0.15 m. An angle of 135° between the beams. Two lines will mark the obstacle-limits; one will be placed at the start of the obstacle, the other at about 0.50 m beyond the end.

Crossing :

Mount the beam. Pass along the three beams, then jump to the ground ahead of the traced line. Between the two lines all contact with the ground is considered a fault. The competitor must recommence from before the first line.



OBSTACLE NR 19 - CHICANES



Characteristics :

Length 8 m.

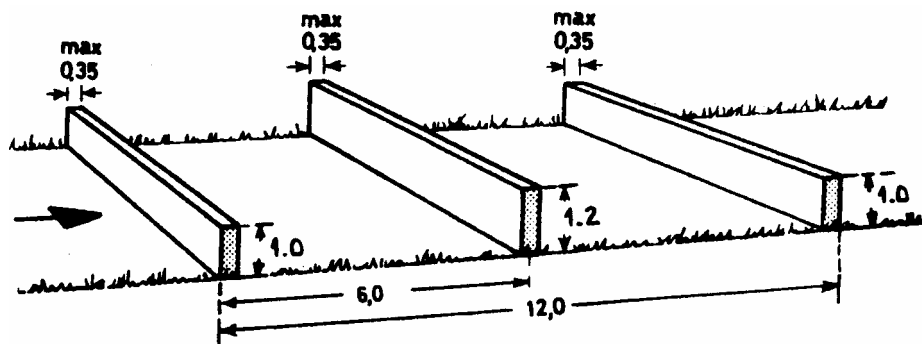
Distance of run 18 m.

Crossing :

Normal run into the chicane with or without using the uprights.



OBSTACLE NR 20 - THREE ASSAULT WALLS OR THREE TRENCHES



Characteristics :

Height of the walls or depth of the trenches; first 0.85 - 1.00 m, second 1.10 - 1.20 m, third 0.85 - 1.00 m

Total length 12 m. Width of walls max. 0.35m

Crossing :

To be tackled in succession at the competitor's choice on the condition of touching the bottom of each trench or passing over three walls.



APPENDIX III : DESCRIPTION OF OBSTACLES FOR UTILITY SWIMMING

OBSTACLE NR 1

Characteristics : Two poles (minimum diameter 15 cm, completely fixed at the side, in a floating position, placed perpendicularly to the corridor with a spacing of 3 m.

Crossing : Pass over the first obstacle and under the second.

OBSTACLE NR 2

Characteristics : A raft 3 m long in floating position, completely fixed. thickness of the raft at the entrance and the exit 0.05 - 0.10 m.

Crossing : Pass under the raft.

OBSTACLE N° 3

Characteristics : A platform of planks covered with carpet 1.20 m (width tolerance between 1.15 and 1.25 m).

Crossing : Pass over the platform.

OBSTACLE N° 4

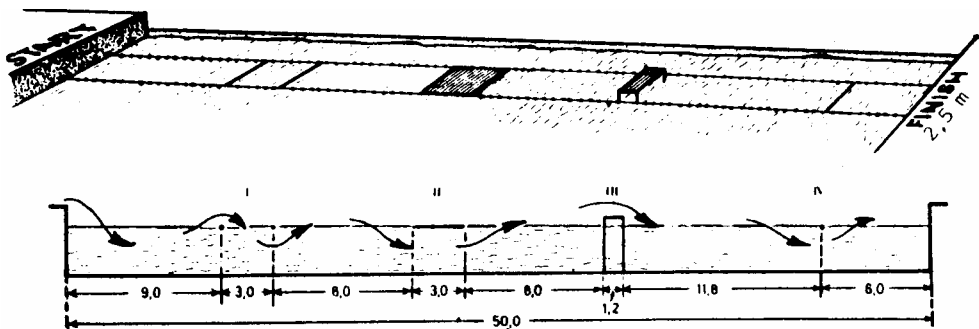
Characteristics : A pole (minimum diameter 15 cm) completely fixed in a floating position. However, this pole may be slightly mobile in the vertical direction.

Crossing : Pass under the pole and finish the race..

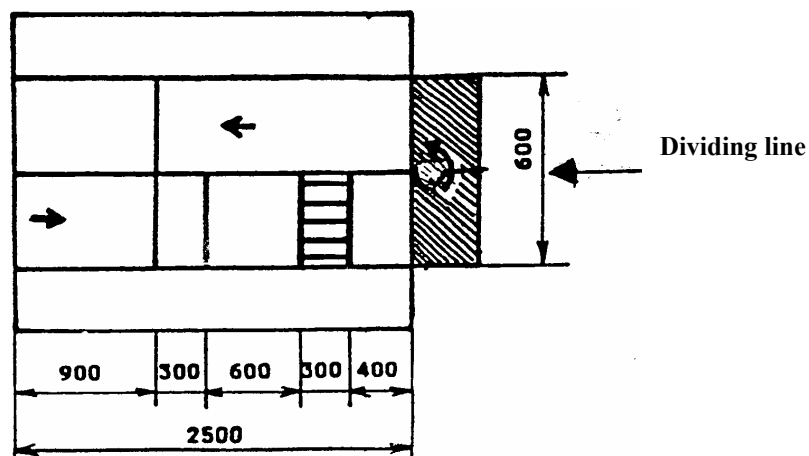
Obstacle spacing : See sketch page
(Corrections CISM 230879)



UTILITY SWIMMING DRAWINGS



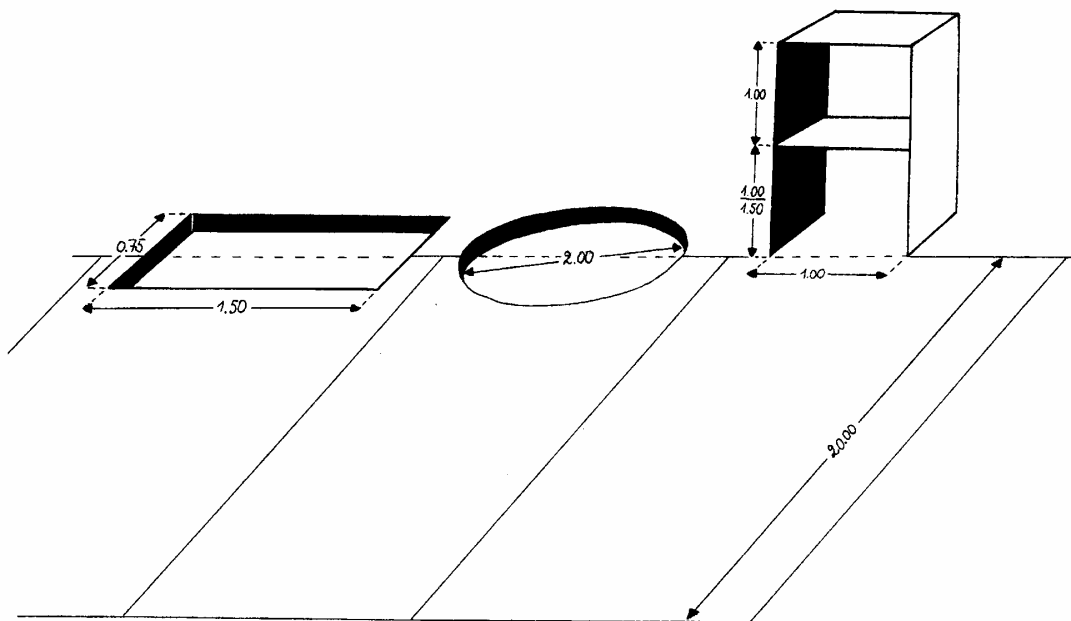
Distances 25 m pool projected on 50 m length





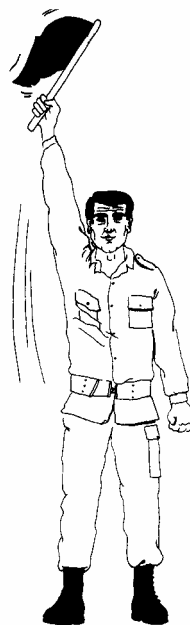
APPENDIX IV : HANDGRENADE

(DIMENSIONS AND POSITIONS OF TARGETS)

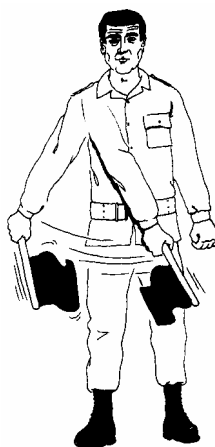




INDICATION OF HITS



HIT



NO HIT